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THURSDAY, SEPTEMBER 3RD 2015

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See our Classified Section Pages 32-35

Health & fitness
Beauty
Pages 21-24

**IN BUSINESS
UPDATE FEATURE**

Starts on Page 16

**DRAGON SCORCHES IRISH
TO AVENGE MISMATCH**

BACK PAGE COMMENT by DON JOHN



'We've got the music in us!'

'HEART STOPPED THREE TIMES' Lola the family pet survives after being savaged on afternoon walk

**STAFF at a
Bridgend vets have
been praised for
saving the life of
little Lola, a 15-
month-old Bichon
Frise, after her
heart stopped three
times on the
operating table as
she was treated
while out for an
afternoon walk.**

Thankfully, she has made a complete recovery and is now back home with Rebecca and David Carrington in Porthcawl, and the grim day in May when she was attacked seems a long way away.

David told The GEM: "I took Lola for a walk and we were heading towards Pink Bay when

REPORT by PHILIP IRWIN

we met a man with three bull terriers who chased her.

"Lola has always been a bit timid, and she adopted a submissive pose - lying on her back and exposing her belly - but one of the dogs sank its teeth into her stomach.

"The owner was as shocked as I, but he was able to prise the jaws apart so I could free Lola. Her injuries looked really bad, so I dashed home, phoning Rebecca as I did.

"She and our daughter, Tabitha, jumped in the car and they met me on the way home, and we headed straight for Shepherds Vets in Brackla, Bridgend."

There was a lot of blood on David's coat and, when they arrived at the vets, Lola was put on a drip immediately.

Rebecca said: "It was upsetting for all of us, and especially for our daughter, as Tabitha was studying for her A-Levels."

Zephania Woodward of Shepherds Vets told The GEM that it was decided to operate on Lola that evening.

After a while, it was felt that it would be best for the family to go home while Lola was being treated. However, it wasn't long before they received a call saying that Lola's heart had stopped. Although it had restarted, it seemed that it would be best if the family came in to say goodbye.

Zephania Woodward said: "There were a couple of times when we didn't think she would make it.

"Over the next two

days, there two further problems. The hole in Lola's belly was about the size of a 50 pence piece and the mesh was struggling to hold her internal organs in place, and on top of that she had picked up an ecoli infection.

"All in all, she was in our hospital for almost a month."

(CONTINUED
ON PAGE 15)

ABOVE:
It rained on Friday... and it rained on Sunday... but the sun shone on Saturday (August 29) for the Newton Music and Beer Festival in Porthcawl. Numbers this year far exceeded previous years, and the village green was packed with revellers, who enjoyed the live music from a range of local bands.
(See page 7 for a full report and more photographs by Frank Shipton).

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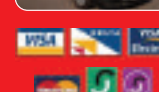
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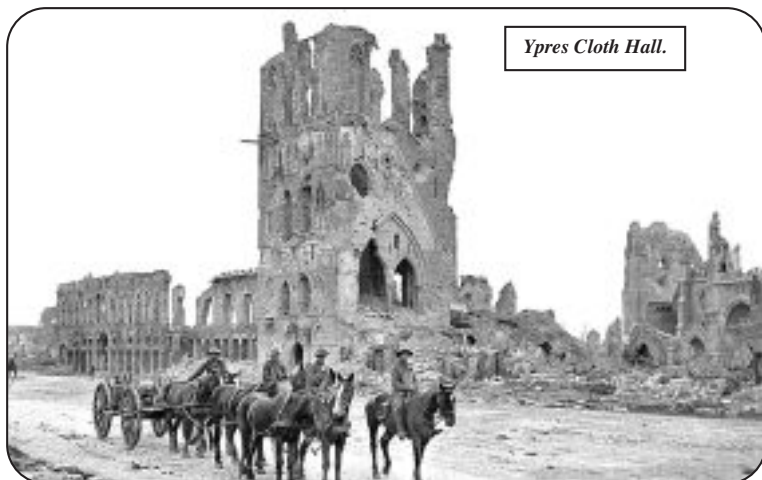
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In September 1915, people began to think the war would soon be over...



Ypres Cloth Hall.

BEFORE the month was out, five Porthcawlians were to perish at the Battle of Loos, writes Porthcawl historian Ceri Joseph.

September had begun on a more positive note, with the Notification of Births Act (Extension) coming into force.

This extension of the 1907 Act made it statutory for all areas in the UK to provide care for mothers and their newborn children.

Porthcawl Urban District Council had already made provision locally in 1907, but in September of 1915 they further appointed a district nurse specifically as a health visitor (stationed at 1, Four Villas, The Esplanade) to attend families and offer all necessary health care free of charge. 'Every child brought into the world should be looked upon as an asset to the state.' (*Porthcawl News*, September 2, 1915.)

Another highlight of the month was the visit of Sir Horatio Bottomley to the Pavilion, (top of Gordon Road) on September 8, to give an address on 'The Present Crisis'.

Mr Bottomley, a Liberal MP, was considered the most celebrated propagandist of the British war effort, who used his magazine *John Bull* to express his jingoistic rhetoric.

Inspired by his recruiting speeches, men enlisted and communities pulled together. From the end of 1915 to the culmination of the war, he gave 340 lectures in

three years. In 1917, the War Office accepted a proposal made by Bottomley that he should go on a morale-boosting tour of the Western front.

He was judged to have been a success with the troops and was then taken in the winter of the same year to review the Grand Fleet. However, Bottomley's financial accounting was eventually found to be fraudulent.

Although at every venue and event he attended he would pocket all the monies, it was his mismanaged Victory Bonds Club scheme, based on the Government's issue of Victory Bonds in 1919, that resulted in him being expelled from the House of Commons and serving five years in prison for fraud.

Nevertheless, in 1915 his Porthcawl audience, unaware of his impropriety, warmed to his address and willingly paid for his lunch.

In September, an increasing number of residents were beginning to believe that the war would soon be over, possibly fuelled by there having been little recent news from the front.

What most people did not know was that 'The Big Push' was about to begin.

Despite being noteworthy for the first use of poison gas by the British Army, the Battle of Loos was to result in 50,000 British casualties.

The fighting was so fierce on September 25, the first day, that 2,000 of the 8,500 soldiers killed have no known grave and, consequently, are among the 20,605 British officers and men remembered on the Loos

Memorial.

Three names inscribed somewhere upon the 139 panels are Lieutenant Sydney Randell Jenkins, 2nd Battalion, Welsh Regiment; Private David Henry Davies, and Private David Charles Grant; both 1st Battalion, Welsh Guards.

Lt Jenkins was born and educated in Swansea, but prior to 1911 moved with his three sisters and widowed mother to Bryn-y-mor, 4 Four Villas, The Esplanade, Porthcawl. In 1914 he had joined the Glamorgan Yeomanry, but was subsequently gazetted to 2nd Lieutenant, Welsh Regiment on February 27, 1915. 2nd Lt Jenkins had served in France from June 1915, was promoted to Lieutenant on September 1, but was

sadly killed on September 27, 1915; Lt Jenkins was 27 years old. After receiving the order to attack the German trenches, 'We had to get out of our trenches to meet the Germans with fixed bayonet with Mr Jenkins leading us... we had a lot of heavy fighting, Mr Jenkins fell with a bullet to his head.' Private S Routliff. (UK *De Ruvigny's Roll of Honour 1914-1924*.)

David Henry Davies was born in Ogmere Vale in 1878. David trained to be a plasterer like his father and, after marrying Blanche in 1899, moved to 13, Railway Terrace, Porthcawl (Hillsboro Place, today). They were to have four children. In the 1911 Census their address is given as 10, Mackworth Road, Porthcawl, which would suggest that his

plasterer/beater's business was doing well.

David enlisted in the Welsh Guards, Prince of Wales Company, 1st Battalion, in 1915. Following the unit being sent to the front on August 17, Private Davies was killed at the Battle of Loos, September 27, 1915.

Private David Charles Grant was also to be killed in action that same day. Private Grant had originated from Cogan, Cardiff, but from 1912 had served as a policeman in Porthcawl.

PC Grant was one of five Porthcawl policemen who had enlisted into the new Welsh Guards Regiment that had only been formed in March 1915. The Battle of Loos was to be the first battle to involve this new regiment.

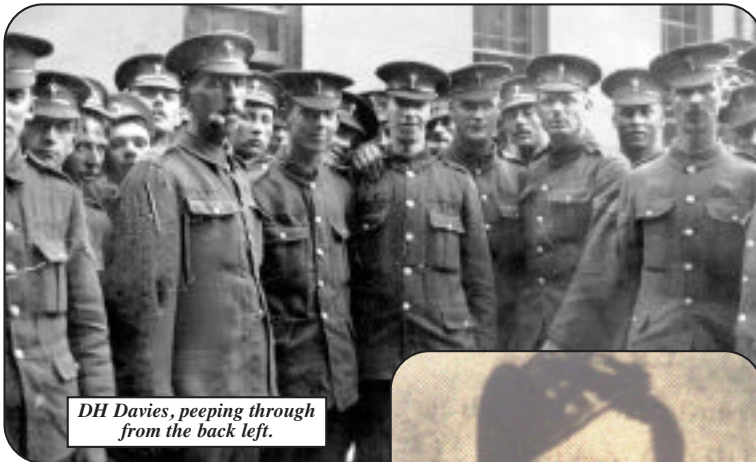
Sergeant Evan Thomas Rogers, 12th (Service) Battalion, Kings Royal Rifles, and Private Lionel McLaughlin, 8th (Service) Battalion, Gordon Highlanders also perished at Loos. Their bodies were recovered for burial.

Sergeant Rogers was born in Aberkenfig, March 1890, and brought up in Parc Gwyllt Hospital, Bridgend (Parc Prison today) where his father worked as the engineer.

In 1910 his brother, John, moved to 7, Suffolk Place, Porthcawl, to take up his post as an elementary school teacher at the National School, Lias Road. In 1912, the rest of the family followed, whereupon his father became an elder in the Bethel Calvinistic



Four Villas, on Porthcawl Esplanade, is shown in the background.



DH Davies, peeping through from the back left.



Lionel McLaughlin.

HIGH TIDE TIMES (UNTIL SEPTEMBER 10)

The high tides listed in this week's GEM are those in Porthcawl. It should be remembered that along the coast, high tide times will vary. For instance, in Barry, the high point will be 20 - 25 minutes later.

| DATE | Time | Ht | Time | Ht |
|---------|-------|------|-------|-----|
| | AM | M | PM | M |
| 03 Thur | 10.22 | 10.1 | 22.48 | 9.9 |
| 04 Fri | 11.08 | 9.5 | 23.37 | 9.3 |
| 05 Sat | 11.57 | 8.8 | | |
| 06 Sun | 00.29 | 8.5 | 12.58 | 8.2 |
| 07 Mon | 01.31 | 8.0 | 14.19 | 7.9 |
| 08 Tues | 03.03 | 7.9 | 15.48 | 8.1 |
| 09 Wed | 04.27 | 8.2 | 16.58 | 8.4 |
| 10 Thur | 05.25 | 8.5 | 17.49 | 8.9 |

While The GEM makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

CERI JOSEPH
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'ONLY CUSTODY IS APPROPRIATE' – JUDGE Woman (27) jailed for crime spree

A PREGNANT mother of two has been jailed for two years at Cardiff Crown Court – for going on a crime spree in the same road in Bridgend.

Katherine Thomas, 27, of Humphreys Terrace, Caerau, admitted charges of theft, burglary and attempted burglary.

Recorder Mark Powell QC told her: "You have a shocking record of low-level dishonesty, failing to surrender to the court, and failing to comply

by AJ SICLUNA

with court orders. "Your life has been a complete mess."

He added: "Only custody is appropriate in this case. I see no sign that you can get off heroin and there has clearly been an escalation in your criminal behaviour."

Prosecutor Tom Roberts said the offences occurred in Castle View, Bridgend.

Thomas disturbed the contents of a car and

from the boot, stole a pushchair and an umbrella.

She also broke into a garden shed and stole items.

A couple woke in their bedroom to find Thomas trying to climb out of the window.

The court was told that she claimed she had been hiding from her boyfriend and fell onto a path.

Damage of £100 was caused to the window.

In another house in Castle View, a woman heard a noise and saw Thomas' hand coming through a window. She was confronted and again said she was hiding from her boyfriend, the court was told.

She was spotted by the police, possibly under the influence of substances, in Coity Road, Bridgend, and was arrested.

When interviewed, she said: "No comment" to all questions.

The court was told that she had convictions for 40 offences.

Her solicitor, David Sedgewick, said that it was the first time she had committed burglary.

"She can't recall anything that happened and is mortified at her behaviour.

"For 10 years, she has had a serious issue with heroin. I must stress that none of the houses were targeted.

"She needs to sort herself out and has no explanation for what she did."

She was also ordered to pay the Crown Court charge of £900 and a victim surcharge of £100.

AWARD FOR LOCAL PROJECT HELPING CHILDREN'S SPEECH



The Bridgend Flying Start Speech and Language Therapy team has won an NHS Wales award. Pictured are (left to right): Alison Clarke, head of speech and language therapy (SaLT), Sarah Golunski Flying Start SaLT, Sian Matthews Flying Start SaLT, Rebecca Jones Lead SaLT Bridgend Flying Start, Victoria Dyer-Jones Flying Start SaLT and Andrew Goodall, Chief Executive of NHS Wales.

A NEW project focusing on improving speech and language development among pre-school children has won Bridgend County Borough Council's Flying Start team a prestigious NHS Wales Award.

With national research showing that more than half of the children being raised in deprived communities are late talkers, the project assessed the language skills of nearly 650 two-year-olds who use Flying Start nurseries across Bridgend county borough.

After an initial screening revealed that 57 per cent of these children were experiencing difficulties with their language, the project monitored them over a 12 month period.

Within that year, the children were assessed up to three times to measure their progress, and the project yielded impressive results, as Rebecca Jones, the lead speech and language therapist for Bridgend Flying Start, explained:

"Prior to this project, there weren't any effective systems in place to accurately measure whether a child's language skills were developing in line with their age.

"To make this possible, nursery staff were trained so that they could do the screening assessments themselves, and any children identified as having specific needs or persistent difficulties were referred for additional speech and language therapy."

"The results we have seen are fantastic. By the end of the year, 68 per cent of the children who had shown signs of language delay at their first assessment had made improvements, so with regular re-screening we have been able to demonstrate a significant improvement

in children's language levels by the time they reach three-years of age."

Studies into delayed language skills have revealed a number of interesting statistics. For example, a child's vocabulary at the age of five is a very strong indicator of the qualifications they will achieve in their teens and beyond, while links have also been made between poor language skills and some mental health problems in later life, and 60 per cent of young offenders have been found to have previously unidentified language and communication difficulties.

It is also important to note that, within any given population, there will be seven to 10 per cent of children who experience specific speech, language or communication difficulties which result from physical conditions such as hearing loss, cleft palate and dyspraxia, rather than the impact of poor stimulation and environments.

Following the success of the speech and language development project, which won an NHS Wales Award in the 'Promoting Better Health and Avoiding Disease' category, all children attending Flying Start nurseries in Bridgend county borough now have their language skills screened at two years of age.

There are also plans to look at how the project could be extended beyond the Flying Start areas, as the impact of delayed language skills becomes better understood.

Councillor Hailey Townsend, BCBC's cabinet member for children's social services and equalities, said: "This project has shown the importance of early intervention. If language problems aren't addressed at a young age then this can have a knock-on effect,

as a child may be more liable to under-achieve in school, have difficulties finding employment and it may also increase the likelihood of them becoming involved in criminal behaviour.

"It's a fascinating area of work, and I'm delighted that Bridgend county borough's Flying Start team has received national recognition for the strides they are making into improving

the lives of our pre-schoolers."

Flying Start is a Welsh Assembly Government initiative that supports eligible families by giving them access to services including free quality childcare for two to three-year-olds, parenting support, an enhanced health visitor service and help with early language development.

More than a quarter

of pre-school children in Bridgend County Borough are now able to access the Welsh Government funded programme, which has centres in areas of Bettws, Blackmill, Brackla, Caerau, Cefn Glas, Cornelly, Lewistown, Maesteg, Sarn and Wildmill.

For further details about Flying Start in Bridgend county borough call 01656 815168.

Maendy Young Farmers set for a busy new year!

MAENDY Young Farmers Club recently held its annual general meeting where elections took place for club officers.

Mr Lynn Price was elected as president, Miss Kate Thomas chairman, with Mr Harri Trotman vice chairman.

General secretary is now Miss Lauren Evans; Miss Heather Jarvis is treasurer and Mr Oliver Popham is minute secretary.

Club life has been busy of late with members in full force at the Vale Show held on August 12, assisting and also promoting young farmers' clubs.

Visitors to the Vale Show may have seen Maendy chairman Kate Thomas disguised in a cow outfit, helping to promote British and Welsh milk, while Maendy YFC vice president and local farmer Abi Reader held milking demonstrations throughout the day to demonstrate to the public that buying Welsh and local is best!

Next on the calendar is the new Members' night on Tuesday, September 8 at Pendoylan Primary School. Prospective members aged between 10 and 26, with current



Maisy the cow pictured with Maendy YFC member, Zolly Whitaker.

and past members, are invited along from 7pm to enjoy an evening of team-building challenges and ice-breaker games, are welcome to attend.

For further information contact club chairman Kate Thomas, by e-mail maendy.yfc@gmail.com or telephone 07701 081218. You can also visit www.maendy-yfc.com and follow @MaendyYFC on Twitter or 'like' 'MaendyYFC' on Facebook for regular updates.



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Who wants to build what, and where?

Bridgend Town Council – floor bathroom.
Carnegie House, Mr J Anderson and Ms S Wyndham – **Street, Elston – The Precinct, 9 Station Hill, Porthcawl** – Change of use to A3 – takeaway food.
Graigwen, Hendre Road, Pencoeed – Mr D Morgan – 5 Bryn Terrace, Lletty Brongu, Llangynwyd – Rear first floor extension.
Proposed general purpose agricultural building to house farm tractor, machinery and hay. Mr P Thomas – 67 Jubilee Crescent, Bridgend – Single storey rear extension.
Mr Vaughan Thomas – Land adjacent to 20 Bradfield Avenue, Bridgend – One new dwelling.
Mr Paul Guild – 20 Temple Street, Maesteg – First floor extension above an existing ground floor.
Mr Owen James Harris – 32 Fenton Place, Porthcawl – Single storey rear extension.
Mrs Zaiboon Keenoo – 25 Bakers Way, Brynceithin – Single storey rear extension.
Mr Graham Gardener – 6 Chantal Avenue, Pen y Fai – Rear dormer extension.
Mrs C Jones – Unit 4, Hall Drive, North Cornelly – Change of use from post office to cafe tearoom.
Valleys to Coast Housing – Ger-y-Nant, Brook Street, Bridgend – Construct single storey extension to main entrance for new covered reception and office, bin store and associated works.
Mr Jon Richards – 50 Beach Road, Newton, Porthcawl – Single storey side/rear extension and extend first floor bathroom.

MARKET TRADERS GET FREE ADVICE ON CONSUMER LAW

WITH the Consumer Rights Act 2015 on October 1 bringing big changes in consumer law, businesses benefited from free guidance on how these will affect their rights and obligations to customers from BCBC's Trading Standards officers at two local markets.

They were on hand at Bridgend and Maesteg indoor markets to explain the services offered by BCBC's public protection department, which includes trading standards, environmental health and licensing teams.

Dawn Howells, owner of Flowers@33 in Bridgend Indoor Market, said: "I found it helpful to have a chat with a trading standards officer regarding the new legislation coming in and finding out how it affects me as a business owner."

"It gave me the opportunity to ask some questions, and I now know who to turn to if I need advice in the future."

Coun Charles Smith, BCBC member of the Joint Committee for Shared Regulatory Services, said: "The Consumer Rights Act 2015 will replace the Sale of Goods Act 1979 as the major piece of law which stipulates consumers' rights when buying goods and services."

"We are eager to educate and advise local businesses on these changes, to ensure they know their

rights as well as their customers' rights."

"The feedback we received from market traders in Bridgend and Maesteg was overwhelmingly positive, especially as many now know who to contact if they need advice on their terms and conditions, trading practices and dealing with complaints from customers."

Further advice will also be available to all local businesses at a special event which will take place at the Innovation Centre, Bridgend Science Park on September 30, focusing on the Consumer Rights Act 2015 and giving up-to-date information on the impending changes in law. The event is free to Bridgend County Borough businesses and you can sign up by visiting Bridgend Business Forum's website www.bridgendbusinessforum.co.uk or call 01656 815320.

If your business requires advice or guidance from Trading Standards, or to join the department's email distribution list for updates and latest business news, call 01656 643478 or email tradingstandards@bridgend.gov.uk.

A regional regulatory service covering Bridgend county borough, Cardiff and the Vale of Glamorgan has been established to run services including trading standards, environmental health and licensing, and can be contacted either by calling 01656 643643 or by emailing talktous@bridgend.gov.uk.

Council leader comperes the charity afternoon tea

THE Civic Charity and the management of Court Colman Manor, Pen-y-Fai, arranged a wonderful afternoon tea in aid of the charities for the county borough of Bridgend.

The welcome was given by the charity chairman, county councillor Marlene Thomas, who then introduced the leader of the Bridgend County Borough Council, Mel Nott OBE, to the event and a faithful supporter of all the charity events.

Coun Nott explained that the chosen local charities for 2015/2016 were Mental Health Matters Wales, Bridgend; Guy Chappell Cardio-Respiratory Investigation Unit at the Princess of Wales Hospital, Bridgend; The Bridge Mentoring plus

Scheme, Bridgend and Ysgol Bryn Castell, Bridgend. All the charities were represented.

The guest for the afternoon was Janet Holmes, from Fruity Bouquets, who has been awarded entrepreneur of the year, and has also received several other awards.

Janet talked through the bouquet that she made at the event and donated it for the raffle. The afternoon was again very successful in raising funds for the charities.

The next event on Wednesday, September 9 is a cheese and wine evening at Seasons Restaurant, Bridgend College from 6.30pm to 9pm, with PCSOs David Lewis, Heather Dobbs and Lisa Moore, whose topic is: 'What, Why, When, How – within the community'. Admission £10.

For further information contact M Major, MBE on 01656

Bumper numbers enjoyed 'School's Out' in Bridgend

BRIDGEND Borough Council's 'School's Out' programme saw bumper numbers of youngsters taking part in the summer timetable.

This included Play 4 Life sessions for children aged eight to 11, Mini Play 4 Life for three to seven year-olds, Community Play Schemes for eight to 12-year-olds, and a special Girls Network programme, which encouraged teenage girls aged between 11 and 16 to stay active over the summer holidays.

The Discovery Days programmes also offered holiday activities for children and young people with disabilities supported by Barnardo's and the Families First initiative of Welsh Government, a spokesperson reported.

Run in partnership with leisure facilities and other community venues, the Play 4 Life sessions included multisport activities such as cycling, swimming and archery.

The sessions were well attended throughout, with Ogmore Life centre averaging 55 children attending per

day and Garw Valley Life Centre averaging 40 children per day.

Bridgend Life Centre also proved a popular venue, with the Play 4 Life sessions bringing in around 60 children per day and the Mini Play 4 Life having to double its capacity due to demand.

The Community Play Schemes were also well attended, with children keen to take their chance to enjoy a visit from the nearly wild show, water sliding, rocket making and dressing up for special pirate-themed and superhero days.

A special Communities First Play 4 Life programme was also held in various community venues across Bridgend County borough.

The play co-ordinators teamed up with the library service, encouraging youngsters to get into the Summer Reading Challenge theme by putting on 'record breaking' challenges – such as hula hooping and long jump competitions.

Among a variety of other activities, the children enjoyed circus skills workshops, den making and outdoor activities.



Life-saving device at Grand Pavilion

ON Wednesday, August 26, the Mayor of Porthcawl, Coun David Newton-Williams, joined Gerard Rothwell and Adrian Hooper of the Welsh Ambulance Services, NHS Trust, to present Stuart Emberlin of the Grand Pavilion, with a defibrillator for emergency use in the venue.

A defibrillator is an emergency device to assist first aid workers in their attempts to revive a patient who has collapsed and is suffering a possible heart attack.

'Bridgend could become a legal wasteland' – MP

I AM delighted to learn that regional Conservative AM Susie Davies will stand alongside Labour MPs, AMs and councillors in opposing her party's Westminster Government plans to close the Bridgend Courts.

To argue that the

closure is driven by a greater use of Skype and reduced court appearances rather than saving costs for the Government by passing them on to court staff and users, is not sustainable. I fear the location in a prime property development area of Bridgend is the greater driver.

There is no doubt that the number of cases being heard in Bridgend is declining. I have asked the Ministry of Justice for a breakdown over the past 10 years so that a clear picture of use is available.

But court cases are not the only use for the buildings and the value of the land is not the only cost to be counted.

Magistrates are meant to represent the same community as those they sit in judgement over. Are magistrates going to be willing to travel to Cardiff? What will be the increased cost of moving to Cardiff for magistrates, staff, solicitors, the accused, witnesses and families?

One magistrate has suggested to me that Bridgend could become a legal wasteland, with solicitors migrating to Cardiff, leaving a vacuum for the police and probation with no duty solicitors, local

legal laid and the execution of warrants.

The court buildings, recently refurbished at considerable expense, could be used to house some of the services currently located in the crumbling Bridgend Police Station. The court building could offer a home to probation, child protection, women's aid, mediation service and a range of other justice services.

If Bridgend is not to be hollowed out as a centre for the communities which surround it, we need to explain to the penny pinchers in the Government that it takes a community to provide justice. It is not simply providing a fancy court building miles away that gives a sense of justice in operation.

It is the effects and impact of the myriad failures which end up in courts also needing the understanding, support and even censure of local people.

That message needs to come from across the Bridgend political, social, legal, financial and faith communities if we are to have our message heard by Mr Gove.

Madeleine Moon, MP for Bridgend.

Porthcawl Townswomen's Guild news

WE had no meeting in August, but still had things to enjoy.

A good lunch at the Farmers Arms – a new venue for us; also a visit to Tredegar House, now run by the National Trust. It was an interesting building and a relaxed tour – we were able to try on clothes and even try a bed for size! It was a lovely summer day, so we enjoyed the grounds and the lake.

An afternoon tea at the Grove Golf Club was a good way to catch up with friends for a chat.

Our next meeting is on September 9 at 2pm at All Saints Church Hall, when Mr Doug Jones will be searching for 'The Spirit of the 1950's'. Do come along and see if we find it!

Dorothy Thomas

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Annual walk in memory of Richard Jenkins raises funds for two of Bridgend's causes

PHOTOGRAPHS by GLYN EVANS

OTHER PICTURES ARE
AVAILABLE FROM THIS EVENT.

Pictures can be purchased
by contacting:

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Telephone 07791 228684
www.ffotoimage.co.uk

THE sixth annual walk in memory of Richard Jenkins raised funds for Y Bwthyn Newydd cancer department at the Princess of Wales Hospital and Wildmill Youth Club.

It took place on Sunday, August 30, and the route took walkers from The Watermill to Newbridge Fields. A total of £800 was raised which will be split equally between the two causes.



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Maesteg Town Council - 7 September - 10:00am to 4pm
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YOUR CHANCE TO SHARE THE COMMUNITY NEWS

NORTH BRIDGEND NEWS

A message for all readers in the north of Bridgend who would like to have items included in the community news columns of The GEM:

If you wish to submit reports on any social activity in this region, please contact me.

I am very approachable and will endeavour to include every newsworthy subject.

Contact details: **CLIVE MITCHELL**

1 Tyn-Y-Coed Close, Sarn, Bridgend CF32 9NQ

TEL: 01656 725399

email: tyncoed1@yahoo.co.uk



Tondu exhibition

SATURDAY, September 12 will see the opening at The Wesley Centre, Tondu Methodist Church of an exhibition on pipe organs in chapels and churches in the Bridgend area, the Valleys and the Vale.

The exhibition has been curated by Peter David and Michael Stokes and features part of the extensive archive of photographs collected by Peter over many years.

His archive is of great historical value, with many of the pipe organs now lost for ever. Carey English Baptist Chapel in Aberkenfig was recently demolished, along with its large pipe organ.

Fortunately, other pipe organs survive and they are looked after and played regularly by dedicated organists.

A fine example can be found in Canaan Welsh Independent Chapel, Maesteg. The placing of this impressive instrument behind the pulpit and the 'big seat' is typical of the arrangement in Welsh non-conformist chapels.

The organ at Tondu Methodist Church was installed in 1872. It is still in original condition and is listed on the British Institute of Organ Studies' register

of historic instruments. It is played every Sunday by Peter David for the afternoon service.

Peter and his colleague, David Spratt, are well known for their work over the years in tuning and maintaining pipe organs in the Bridgend area.

The exhibition at The Wesley Centre is part of the 'Open Doors' event run by Cadw in Wales. The building will be open to the public from 10am to 3pm on Saturday, September 12. Everybody is welcome to visit.

There will be a chance to hear some live organ music during the course of the day and refreshments will be available. A further attraction on the day will be an illustrated talk at 11am on stained glass windows in Welsh chapels.

The talk will be given by Alun Adams of Porthcawl, who has researched extensively in this area. There is a particularly fine example of Victorian stained glass in Tondu and Alun will be using this and many other examples to trace the history of an important but little known subject.

Details of the events can be found at www.wesleycentretondu.org.uk or telephone 01656 662671.

Church concert

ST MICHAEL'S Church, Maesteg will

be the venue on Friday, September 4 when mixed voice choir. Noteworthy, under musical director Ryan Wood, and Stewart Roberts accompanist, will be performing in concert at 7.15pm.

The compère will be BBC presenter Beverly Humphreys, and the guest soloist internationally-renowned baritone Gary Griffiths.

Tickets are £5 obtainable on 01656 737923, or at the door.

WI meets

THE first meeting after the summer break of Aberkenfig and District Women's Institute will be on September 9, with Pamela Robson telling about 'Her Mother's Shop' and the competition will be for a funny eggcup.

Plans for the trip to the Gwili Railway on September 17 have been finalised and the bus will leave the Bible Church (Old Lyric) in Aberkenfig at 10.30am.

The speaker for the October 14 meeting, Deana Owen, will tell her work with children in Zambia.

Aberkenfig and District WI meets on the second Wednesday of each month at 2pm in the Len Evans Centre, Heol Persondy, Aberkenfig. Visitors and new members are always welcome.

For further information, call Dilys



The stained glass window.

on 01656 725399 or visit www.cobwebs.com.

Cancer Support

CEFN Cribwr village is again supporting the world's biggest charity coffee morning on Friday, September 11.

To help Macmillan Cancer support, pop into the Green Hall (the Community Centre) from 9.30am to 1pm for a cuppa, cake and chat, plus there will be craft stalls.

For more information email the organiser Mandy Baldwin at: lilacpage@sky.com or call: 07917 097975. All welcome.

At Ynysawdre Community Centre, also on September 11 Raema is holding a coffee morning in support of the charity from 10am to 12 noon.

Members of Aberkenfig and District United Churches will be holding a coffee morning in support of the charity at Nazareth Baptist Chapel on Friday, September 25 from 10.30am to 12 noon.

Friends gather

FRIENDS of Tyn-y-Coed surgery, Sarn will be holding another ladies' evening on Wednesday, September 9 in Sarn Life Long Learning Centre, 7pm - 9.30pm; entry is £2, to include a glass of wine or soft drink, and there will be a range of mini-treatments at £2 each. All welcome, patients and non-patients.

Laleston Garden Club IT is all systems go for the forthcoming annual horticultural show to be held on Saturday, September 5.

There are nine sections in the schedule, encompassing exhibits of various veg/fruit/flowers/domestic (cakes, tarts, bread, jams and marmalade) photography, flower arranging and arts and crafts.

Everyone is encouraged to enter exhibits and again ensure a successful day for the community and the gardening club.

Secretary Patrick Stevens is busy organising the monthly lecture programme for 2015/2016 which will start on Monday October 12.

Charity concert

THERE will be a concert to raise funds



Peter David playing the magnificent organ in Tondu Methodist church.

for Help For Heroes on Friday, September 18 in the Cefn Cribwr Community Centre (The Green Hall).

Musical entertainment will be provided by Pencoed Silver Band and Bois Afan male voice choir.

Ticket prices are £5/£4 concessions and all money raised goes to the charity. For further information and tickets contact Martin Goudge on 01656 740026 or email m.goudge@sky.com

Ladies choir THE Cŵr Merched Cwm Llynfi (Llynfi Valley Ladies Choir) annual concert takes place on Friday, September 25 in Maesteg Town Hall, at 7pm led by musical director Paul Deenik and accompanist Laura Deenik.

The compère will be Dr Rhys Jones, best known for his BBC TV series *Rhys to the Rescue* and BBC network programme *Rhys Jones's Wildlife Patrol*, for which he received a BAFTA.

Guest soloist is tenor Elgan Llyr Thomas, a graduate of the Royal Northern College of Music in Manchester and Guildhall School of Music and Drama in London.

The choir would welcome new members from the Bridgend CBC area, and rehearses on Wednesday evenings at the Catholic church Our Lady and St Patrick, Monica Street, Maesteg at 7pm. There are no auditions.

Laleston Women's Institute

LALESTON WI is meeting today (September 3) at 7.15pm in Blandy Hall (Laleston Gardening Club); a harvest auction with auctioneer Maureen Morgan will take place. Call Margaret on 01656 660384 for further information.

Mynydd Cynffig WI TWENTY-THREE members had an enjoyable trip across

the border to Hereford for the annual outing. The cathedral was glorious, and the stained glass windows amazing.

Members are all looking forward to the September 8 meeting in the Talbot Centre Kenfig Hill. The speaker will be Helen Jones and her topic is 'My Time in The Met'.

On September 9 Ogmore Valley male voice choir is again representing Bridgend county borough at the prestigious Goldsmith's Hall in London, for a concert to celebrate the 40th anniversary of the Vienna Convention.

The choir is holding its annual concert at the hall on Saturday, September 19 at 7pm to raise funds for two charities: Heart Resuscitation and Ogmore Valley Housebound. The concert will include two guest solo artists.

The choir rehearses at the hall on Thursday evenings from 7pm and new members are welcome.

Up, up and away with the Kenfig Hill Cadets



PICTURED (left to right): Cdt Llewellyn, Cdt Jones, Cdt Sgt Morris and ISCWO Norris
Photo by Sgt (ATC) Peckham.

FOUR cadets from 2117 (Kenfig Hill) Sqn Royal Air Force Air Cadets attended MoD St Athan for their allocated monthly flying slot.

The weather was not great, but the aircrew staff put on the flight safety video and put them all through the practice emergency

drill in readiness of a break in the weather.

The news they were waiting for came and the cadets were all able to fly.

The first cadet up was the squadron's newest enrolled cadet making his first flight, Cdt J Jones.

The last flight of the day was taken by our eldest cadet, newly promoted Instructor Staff Cadet

Warrant Officer J Norris.

Sgt (ATC) Peckham, who escorted the cadets, said: "It was nice to see the cadets enjoy the experience of flying. The flights last around 30 minutes per cadet, and the cadets get the opportunity to take control of the aircraft under the supervision of the pilot as part of the air experience programme."

LINDSAY THOMAS

'BCBC deal is good news for Porthcawl' – says a Tory AM

SHADOW Welsh Tourism and Heritage Minister Suzy Davies has welcomed the deal struck between Bridgend County Borough Council and local organisations in Porthcawl over the future of the town's old police station.

The Conservative AM said that it was good news for the town that both Porthcawl Museum Society and the Porthcawl Art Society would continue to operate from the police station.

She said: "Apart from the affection for this important old building felt by local people, it is also the focal point for commemorating important dates in both Porthcawl's history as well as national events such as the recent VJ commemorations.

"I was able to bring Welsh Secretary Stephen Crabb to visit the museum recently and he was impressed with the emphasis placed by the volunteers who run it on local events.

"The building is also home to the Porthcawl Art

Society and provides them with a home as well as a gallery for their works of art.

"It is excellent that BCBC have given both organisations an 18-month licence to allow them time to see if they can come up with a feasible business plan so that they can take over the building. I know that Porthcawl Town Council is backing the plan.

"A similar arrangement has been made with Bridgend Town Council which has taken over the old library – now called Carnegie House – and is turning it into an arts centre for the use of the whole town. The police station also has an important role to play in conveying to visitors a flavour of Porthcawl's 'uniqueness' – that indefinable quality that makes the resort different to others.

"Tourism is hugely important to the Porthcawl economy and we must provide visitors with plenty to do and see. Hopefully, the proposed new Maritime Centre will prove a massive draw," she added.

NEWTON BEER AND MUSIC FESTIVAL IS A MASSIVE HIT WITH PORTHCAWL FOLK

ON a glorious late summer's day, the quiet village of Newton, Porthcawl, rocked to the annual Newton Beer and Pop Festival where 11 bands performed, free of charge, to an estimated crowd of 2,000-plus – all in aid of raising funds for the self-Help Centre Sandville and Wales Air Ambulance.

Organisers, Steve Maitland, Thomas, Charlie Seabourne, Mark Chegwen, Jerry Nash, Helen Richards, and Debbie Chegwen

Report and pictures by
FRANK SHIPTON

Mob: 07790 88292

Email: frankshipton@mac.com
(Any images may be purchased)

managed to produce a fantastic festival yet again.

In order of appearance the bands were: Strawberry Jam (west Wales), National Shame, Side Effects (who then hit the road to perform in Tenby), No Vacancy, Whisky Lies, the Merthyr Tydfil mod band Future Sailors, Catching Kate (one of the tightest bands around), Last Chance Heroes, Rude Soles who

brought the crowd to their feet with their rocksteady beat, and to close the proceedings, Tex and the Mushrooms.

Steve Maitland-Thomas said: "Many thanks to Davies Logistics, Braceys, Cox Skip Hire, Porthcawl Town Council, A-Bird Power Solutions, MHM Plant, Brains, The Ancient Briton, Royal Oak, Fresh Hair 2 Studio, St John Ambulance and Martin Arthur, who generously donated funds and equipment. Without their help, the event would not have happened."



ABOVE: Dancers in front of the main stage, and festival-goers spread out across the village green.



ABOVE: Two of the organisers, Steve Maitland-Thomas and Jerry Nash (right).



ABOVE: Side Effects on stage.

LEFT: Catching Kate were a hit at the festival.

RIGHT: The Rude Soles had everyone dancing.

LEFT: National Shame kept the show on the road!

BELOW: Strawberry Jam opened the show.



ABOVE: The Greasy Rats.



ABOVE: Supporters of the Air Ambulance spent the day at the festival.



ABOVE: No Vacancy in action.



GETTING HEALTHY THE WOODLAND WAY DEEP IN THE LLYNFI VALLEY!



Toasting marshmallows.

H E A L T H professionals, environmental organisations and individuals with an interest in linking health care with the natural environment came together for the Actif Woods Wales taster day at Maesteg Rugby Club and the surrounding woodland on August 27.

A day of woodland demonstrations and feedback opportunities unfolded with woodland gym demos, outdoor cooking, willow weaving, wood cookie making and nature walks.

Those attending appreciated the chance to understand the link between Natural Resources Wales, Llynfi Woodland Creation, and Coed Lleol's Actif Woods Wales project.

The planting of this new Llynfi woodland will be one of several woodland locations that aim to be used in the Actif Woods Wales project.

Funding permitting, Actif Woods Wales will provide training and support for local leaders to develop a

range of regular woodland activities to improve health in the local area.

As is always the case, everyone fully enjoyed the outdoor taster activities and wanted to spend longer in the sunshine being creative and active. The video of Aberystwyth participants was a big hit, as partner organisations heard the impact the project was having on people of all abilities and backgrounds (watch the video at: www.coedlleol.org.uk).

Actif Woods Wales already hosts regular woodland groups in five other locations in Wales which are attended by people with a range of physical and mental health conditions to do activities including green woodworking, walking, bushcraft and outdoor exercise.

Following the success of the last couple of years, the project hopes to launch groups in the Llynfi valley from next spring.

The idea of the project is to encourage people who have health issues to use their local woodlands in new and interesting ways to help improve their health and well being. This approach to treating a variety of mental and physical

illnesses is based on the well documented natural environment's ability to improve well-being by reducing stress and providing opportunities for exercised and social interaction.

The groups are participant led, resulting in each group taking a different direction and learning different skills. The project is supported by a range of health sector organisations including Mind and the National Exercise Referral Scheme.

The 'Actif Woods Wales' programme is run by Coed Lleol, a project of Small Woods, funded by Natural Resources Wales and The Big Lottery Fund.

C o n t a c t
amieandrews@smallwoods.org.uk (01654 700061) to register interest in the project in the Llynfi valley, or for more information.



Wood cookies.

AM poses questions over decision to close surgery

A REGIONAL Tory AM has submitted a series of questions to ABMU health board about its decision to close Nantfyllon surgery in Maesteg.

Suzi Davies said she had some concerns about the decision, which was taken because of an alleged shortage of GPs – "Yet I am told by patients of the Nantfyllon practice that while one GP was going to leave, the other was only on a short-term contract which the board did not renew."

"I want to find out the circumstances which led to this decision," Mrs Davies said the closure would see the other three practices in the valley taking about 800 new patients each.

She added: "I have asked ABMU what extra resources are being made available to the other surgeries to cope with an influx of 800 plus patients. From what I can gather, some patients are finding it hard to get appointments with their GPs anyway."

"So having extra people competing for the time and attention of staff could cause further delays. It's crucial that each practice gets extra resources to cope."

"This could mean more GPs or practice nurses or administrative staff. This decision will have consequences and I want to know what they are," she added.

A spokeswoman for ABMU health board said: "Nantfyllon Surgery was run by a sole GP who retired in November, 2012, after which the health board

managed it on a temporary basis.

"Earlier this year the board sought expressions of interest from GPs across Bridgend, Neath Port Talbot and Swansea to take over the contract."

ABMU's Bridgend locality director Hilary Dover said: "Unfortunately this was unsuccessful and no GPs applied."

"To ensure the future of general medical services for the surgery's patients, the health board has discussed with the three neighbouring practices the patient list being moved to their services."

"This will result in the closure of Nantfyllon Surgery on October 1."

"Patients will not

have to do anything, as the health board will register them with Bron-y-Garn, Llynfi or Woodlands surgeries, depending on where they live."

"During September they will be sent a letter confirming their new practice and giving contact details. However, they will continue to attend Nantfyllon Surgery as normal until October 1."

"Practice staff will remain employees of ABMU and will be given new jobs within the health board."

"The three GPs currently providing services for the 2,500 patients registered with Nantfyllon Surgery will provide additional sessions at the three practices for several months to help with the handover of care."

"This will also give the practices time to access capacity and demand."

months to help with the handover of care."

"To clarify, both GPs involved in the Nantfyllon surgery have their own career plans which the health board fully respects and wishes them both well. Had the other GP wished to stay, ABMU would have renewed their contract."

"We do not anticipate an increase in waiting times for appointments. The three GPs currently providing services for patients registered with Nantfyllon Surgery will provide additional sessions at the three practices for several months to help with the handover of care."

"This will also give the practices time to access capacity and demand."



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If you help Marie Curie, Penarth, you help people in their hour of greatest need

MARIE CURIE Hospice in Penarth is one of south Wales' great causes – a special place providing a number of vital services to people and their families at their time of greatest need.

Thanks to generous Vale businesses which provided raffle prizes, The GEM recently raised funds for the hospice at the Vale of

Glamorgan Show. On Friday, August 28, Jan Irving made a presentation of £282 to Simon Jones, the head of policy and Paula Elson, the hospice manager.

Many people across the Vale and Cardiff know of a friend or perhaps the family member of a friend who has been helped by the hospice.

It is located at Bridgeman Road with spectacular views

by GEM REPORTER

across the Bristol Channel.

Simon explained: "The hospice provides quality end of life care. It may be for people who are terminally with cancer, or with other illnesses such as motor neurone disease or dementia."

"People who visit us – and have experienced a busy ward in an acute hospital – say it is calmer and slower here, and not a hectic atmosphere, which means it is good for patients and their families."

Marie Curie, Penarth, certainly does exude an air of calm.

Patients are referred to the hospice by NHS professionals. There are 30 beds and all the wards have views of the sea. There are also family lounges where

people can relax with loved-ones; and there is overnight accommodation for the relatives of a patient if needed.

Staff provide day support too – exercise classes with physiotherapists, memory clubs and relaxation classes.

Marie Curie also provides community nurses to enable patients to be cared for in their own home. Its nurses sometimes work with the NHS's district nurses.

The hospice also provides a bereavement service helping both adults and children.

The hospice employs 100 staff including, of course, doctors and nurses, but there are also 100 volunteers helping with a variety of tasks, such as maintenance issues, kitchen work, tea runs and reception cover.

For every £1 the NHS gives to Marie

Curie, the charity matches it with £1 – and funding of the hospice requires a slightly higher input from supporters and well-wishers at a ratio of 60-40.

That's why Marie Curie's fundraising is critical to the work it does in its hospices and in the community.

When you see The Great Daffodil Appeal, the Blooming Great Tea Party, Marie Curie hikes, and the like, remember, your support will boost its work.

Last year, Marie Curie hospices helped 8,931 people – it's the largest provider of hospice beds outside the NHS.

Would you like to make a donation to Marie Curie? If so, go to:

www.mariecurie.org.uk/donate; or for more information on its work, go to: www.mariecurie.org.uk/



ABOVE: Jan Irving of the Glamorgan GEM newspaper hands over a cheque for £282 to Paula Elson, the hospice manager, and Simon Jones, the head of policy.

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Bridgend student Sam finds missing piece of a dinosaur!

IN June this year, Amgueddfa Cymru (National Museum Wales) announced the discovery of possibly the earliest Jurassic dinosaur in the world, found by two brothers at Lavernock Beach near Penarth.

During a field visit to conduct research for his palaeontology project, Sam Davies who is a palaeontology student at Portsmouth University found the fossilised foot of this Jurassic dinosaur.

Sam, from Bridgend, arrived at the site no

more than 10 hours after a cliff fall, which unearthed the fossilised foot. His tutor and reader in Palaeobiology at the University of Portsmouth, Dr David Martill, has since examined the find and concluded that it is part of the same theropod dinosaur – a distant cousin of Tyrannosaurus rex – which can be seen at National Museum Cardiff until August 31.

His tutor had suggested he visit the beach because its Jurassic cliffs are rich in fossils, little realising that a cliff fall just hours earlier had exposed

another piece of the dinosaur.

However, if Sam had arrived at the beach later, the fossil – found sitting on top of a slab of rock – would have been washed away by the tide.

Sam, who is about to start his third year at the university, said: "I had no idea what I'd picked up. It was my first day of doing field work for my third year project, and I was just wandering up and down the beach looking for fossils. The dinosaur they found at the beach wasn't even on my mind."

The student happened to see the fossil,

embedded in a 20 cm piece of rock, because it was in his line of sight as he was walking along.

"It was pure luck that I found it. It was just sitting on top of a slab of rock. It was obvious the fossil was fingers or toes, because there were three in a row, but the first thing that came to mind was that it was some sort of plesiosaur."

Dr David Martill confirmed immediately that it was the missing foot after Sam emailed him pictures of his find.

"My first reaction was that I was very lucky," said Sam. "Then I thought, 'This is going to make my project' and started jumping up and down like a little boy!"

Dr Martill said: "This was a chance in a million find and highlights how important it is to encourage fossil-hunting in this country. This new specimen will help us chart the evolution of dinosaur feet, specifically looking at the number of toes and the nature of the ankle bone."

"What we can tell already is that this dinosaur was primitive. It's right at the bottom

of where we draw the line and say, 'These rocks are Triassic, and these are Jurassic'."

Sam has already donated the foot to Amgueddfa Cymru, who hope to put it on display at National Museum Cardiff with the rest of the skeleton in the near future.

Dr Caroline Buttler, head of Palaeontology at Amgueddfa Cymru added: "The dinosaur found by Nick and Rob Hanigan is the first skeleton of a theropod found in Wales. Sam's find adds to its significance because we can learn more about the animal and how it is related to the dinosaurs that eventually evolved into birds."

"We're very grateful to Sam for donating the foot to the museum and hope to put it on display for our visitors to see very soon."

The skeleton, already on display at National Museum Cardiff includes the small dinosaur's razor sharp teeth, and claws.

The Welsh dinosaur was a small, slim, agile dinosaur, probably only about 50cm tall and about 200cm long, which had a long tail to



Sam Davies with the fossil foot.

TY HAFAN LOTTERY DRAW WINNERS

THE following are winning numbers in the Ty Hafan Crackerjackpot lottery draw number D894.

● **£2,000:** 236342.

● **The rollover, which now stands at £6,500 was not won this week.**

● **£10:** 721236, 911898, 898827, 734964, 607607, 845774, 505808, 294207, 436584, 573617, 827029, 486834, 319670, 652122, 536113, 887400, 322961, 550286, 342, 1921.

● **£5:** 152569, 109491, 966496, 187206, 562633, 388789, 200649, 651263, 334372, 128709, 893354, 499865, 267703, 336772, 781208,

810909, 592471, 378182, 377265, 184706, 539066, 421996, 167437, 688817, 348293, 360233, 665974, 457608, 640964, 755886, 240355, 113799, 328612, 328307, 795961, 786059, 120305, 189439, 505755, 576835, 200087, 672091, 469267, 312403, 509179, 177431, 943363, 409678, 344051, 617789, 947092, 752234, 322161, 862795, 986495, 117484, 125784, 287480, 107230, 1717.

The GEM cannot be held responsible for any errors or omissions contained in the above.

For lottery information please telephone 029 2053 2300.

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Great Dane Club of Wales holds charity event at Southerndown and Wynne is special guest!

PHOTOGRAPHS by GLYN EVANS

OTHER PICTURES ARE
AVAILABLE FROM THIS EVENT.

Pictures can be purchased
by contacting:

E-Mail: ffotoimage@tiscali.co.uk
Telephone 07791 228684
www.ffotoimage.co.uk

THE Great Dane Club of Wales and Bark Avenue Professional Groomers held a charity fun day and dog show at Southerndown thanks to David and Sue Lindsay.

Special guests were tenor Wynne Evans (who needed all his strength to control one determined dog) and Jagger and Woody from Heart Breakfast. Proceeds go to the Great Dane Charitable Trust.



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ON Sunday, August 30, over 400 people attended the bi-annual Funday and Companion Dog Show in aid of Great Dane Care.

The event was organised by Sarah Richardson of Bark Avenue Grooming, her family and friends.

The previous event held two years ago raised nearly £1,700. Little did they think that they would exceed their expectations and raise over £2,600 for a worthy cause – to rescue unwanted and abused Great Danes.



Barry RAF Association backs #YouthTime in King's Square



FOR a long time the work of the Royal Air Forces Association has largely gone unnoticed, right the way across the UK over the years, and now the Barry Branch of the RAF Association has taken up the challenge to let people know what work is being done behind the scenes.

The event at King's Square on Saturday, September 12 is to 'Showcase the Youth of Barry' and raise our profile and bring to the attention of the RAF veterans, in the Vale, that we are there for them. #YouthTime runs from 10am to 2pm on September 12.

Through the RAF Benevolent Fund, support is available for those RAF veterans and/or their partners.

Like me, many will have served at RAF St Athan.

Many families have been helped, from simple referrals to Government organisations, to major house repairs.

My Bro Radio interview recently asked the question about recent cases, to which I replied that it was like opening up Pandora's Box. As you visit these veterans it becomes evident there is much more help that could be offered.

So who is eligible? It covers those who have served in the RAF, and completed their training, from World War Two to those younger veterans who may have come on hard times, or who have just left the service.

Losing your employment in the RAF and having to move, are two

major hurdles an airman faces when leaving the service, but there is help available, if the association is approached.

Our welfare work sometimes calls on us to be involved in many things. During 2015, the Barry branch has been invited to provide support at a veteran's funeral by paying respects at a loved one's passing. I have also been asked to trace a long lost father, after parents had split up years before and lost contact.

But the one final message is that I am a phone call away, should any veteran, and/or their partner, need advice.

Geoff Horton,
Honorary Welfare Officer,
Barry RAF Association,
Tel: 01446 740522,
email: geoff@horton.co.uk.

Jane Hutt AM

Labour
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for the
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740522 Email: geoff@horton.co.uk

Out and About with The GEM

Choral society

THE Cowbridge Choral Society resumes rehearsals today (September 3). The choir will be singing Carl Jenkins' *The Armed Man* at the end of September, for the opening of the Rugby World Cup; Handel's *Messiah* in November as part of Voices for Hospices; and the traditional Christmas celebration in December.

New members are always welcome and experience is not essential.

Rehearsals take place in the United Free Church, Westgate Street (opposite the police station) every Thursday

NEWS IN BRIEF

at 7.30pm.

Valeways guided walks SATURDAY, September 5 at 10.30am discover The Hidden Vale, meeting at The Star Inn car park, Wick.

On Wednesday, September 9 the Coffee Shop Strollers meet at Romilly Cafe, Cold Knap in Barry CF62 6SW at 10am. On Thursday, September 10 it's Over the Common

at 10.30am; meet in the car park opposite the Fox and Hounds in St Brides Major.

Mayor's coffee MAYOR of Cowbridge with Llanblethian is holding a charity coffee morning in support of Prostate Cymru and the Motivation and Learning Trust, from 10am – 1pm this Saturday, September 5.

All are welcome.

Enfys craft fair

THE next craft fair by Enfys will take place on Saturday (September 5) at St Francis Millennium Hall, Park Road at 10am – 4pm.

Entrance is free. September's charity will be Action Medical Research (for children), which tackles childhood diseases.

For more information about the fair and the free charity table, contact Beryl on 01446 418695, or Cyril on 01446 400149. BW

Change of venue AS PLOUGHING MATCH IS HIT BY THE WEATHER

THE Vale of Glamorgan Ploughing Society, with much regret, have decided that due to adverse weather conditions the site at Penlline Estate Farm is not suitable for this year's annual competition.

It would not be fair to the landowner, competitors or spectators to use this very wet site. We are grateful to Mr Johnny Homfray for his generous offer of this area.

However, an alternative site destined for next year has become available at Llandow village by permission of Mr and Mrs Phillip Lougher, of Ashleigh House Farm, and is to be the venue on Sunday, September 13 this year.

The star attraction for the public are the three teams of heavy horses and their handlers performing the traditional method of primary cultivation. This proved very popular last year and we wish the teams every success.

The committee would like to thank the past land owners for their support and, indeed, all the others who have helped us so well, including the Aberthryn Boys, all competitors, spectators and our various sponsors.

We have, over the years, worked with and supported the Ed Evans Foundation and other charitable organisations.

Please join us on September 13 at 10am to see the best of what happens in the countryside! JS

Dance music film engages, but hits a few bum notes...

SINCE singing and dancing his way through High School Musical, Zac Efron's career has shifted gears into more mature territory.

However, the move hasn't been as illustrious as the actor might have hoped, the majority of his films being disappointing with the exception of his hilarious turn in *Bad Neighbours*.

His latest lead role sees him in *We Are Your Friends*, where he plays Cole, an aspiring DJ determined to make his fame and fortune from his skill. When he meets James, a DJ who can help Cole get ahead, all seems well, but the pressure from his friends, as well as more than just a passing interest in

James' girlfriend Sophie (Emily Ratajkowski) threatens to derail his dreams...

For any naysayers who think that being a top class DJ involves little more than a pressing play on a laptop and then basking in the assembled throng's adulation, *We Are Your Friends* shows that it takes a lot more than that – and takes a lot more out of you.

Narratively, *We Are Your Friends* is something of a mixed bag – it's a story about adulation, adoration, making something of yourself and making sure you don't lose yourself to your dreams, about friendship and doing the right thing; it's a lot to cram into 99 minutes, and doesn't quite manage to satisfactorily answer or



by **GARETH JAMIESON**

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resolve some issues.

Events unravel with convenience to the plot (James taking Cole under his wing for no discernible reason for example) but it does keep you engaged.

The direction of Max Joseph is particularly impressive; having also co-written the screenplay, he conveys a great deal of personality and identity through the film.

Making his feature debut (though known primarily for his co-hosting role on MTV's *Catfish: The TV Show*), Joseph shows promise and potential behind the director's chair.

If the script attempts a little too much at times (a subplot involving Cole and his friends working for an unscrupulous chancer is purely there as a morality lesson, while the third act ties up a

little too neatly with one enforced plot changer), then Joseph's easy-going, yet stylised direction maintains both the pace and your attention.

Whether it's breaking down how dance music works, or a Yellow Submarine-esque drugs trip writ large, the visual style of the film marries with the subject matter beautifully, and highlights Joseph as a director with real personality.

The cast don't do a bad job, but are hardly stretched in their roles. Zac Efron delivers a decent turn, even if he still struggles to showcase frustration and emotion, Emily Ratajkowski plays the alluring foil to Cole well, while Wes Bentley as a DJ trading on his former glories is winningly deadpan, and it's good to see him in a decent role for a change.

There's something engaging about the characters, particularly Cole's friends, that keeps you invested throughout. Everyone can empathise with

being young, not knowing what you want to do and whether the life that seems set out for you is the life that you truly want, and this is what the film taps into, and what makes it connect.

If there is a degree of style over substance, *We Are Your Friends* still manages to be a satisfying experience, not quite hitting the highest highs but more than capable of keeping you watching to the (all-too-convenient) end.

VERDICT: An auspicious debut for director Max Joseph, albeit with a film that doesn't wholly convince, *We Are Your Friends* is a likeable film with themes that feel overstretched. The performances are satisfying, the predictable story arc doesn't frustrate thanks to its easy going charm, and while not mesmerising, is still a pleasing watch.

SEE THIS IF YOU LIKED: *Swingers* (1996), *Pain & Gain* (2013).

SUMMER SAILINGS. PENARTH.



SAIL AWAY TO GLORIOUS ILFRACOMBE & EXMOOR COAST! Sunday 13th September. Depart 10am - 7.45pm. Wednesday 16th September. Depart 10.30am - 7pm. Join us aboard Balmoral to cruise to the delightful seaside town of Ilfracombe with plenty to enjoy for parents and children with plenty of time ashore to explore! Alternatively, continue cruising along the scenic Exmoor coast with a short stop in Ilfracombe before your return.

Fare to Ilfracombe: £33 Senior: £31** Child: £16.50 Family: £89. Full day cruise: £36 Senior: £34** Child £18 Family: £97. ** Senior fare weekdays only

MORNING CHANNEL CRUISE Friday 18 September. Depart 10.15 – Return 1pm. Enjoy a morning cruise across the Bristol Channel to Clevedon taking in the scenery (non landing) - & why not enjoy breakfast aboard? £15 Seniors £13 Child £7.50 Family Ticket £40.

CLEVEDON & SPECTACULAR WELSH HERITAGE COAST & HOLM ISLANDS CRUISE Friday 18 September. Depart 1pm – Return 7.45pm. Enjoy an afternoon ashore at the Victorian seaside resort of Clevedon or stay aboard for the superb scenery of the Welsh Heritage Coast and cruise around the mystical Holm Islands. Fares to Clevedon £15 Seniors £13 Child £7.50 Family Ticket £40. Full Cruise £21 Seniors £19 Children £10.50 Family Ticket £57

Family tickets = 2 adults + 2 children. Child rates 5-15 years. Under 5 travel free. All prices return fare unless stated otherwise. Buy tickets direct - details below, pay on board or from Penarth Pier.

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Try out a new course!

NEW courses for adults with additional needs are being launched at Palmerston centre, Barry this week, in partnership by Cardiff and the Vale Council's adult and community learning service.

There will be a free taster session on September 8 from 1pm – 3pm at the Palmerston centre.

Fees will apply to these courses on a first come, first served basis and an enrolment and payment will secure a place on the first ten week term, the week commencing September 21.

For more information call 01446 733762 palmerstoncentre@valeo fglamorgan.gov.uk

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Sunday 12 noon - 4pm.

The Vale of Glamorgan Ploughing and Hedging Society

ANNUAL PLOUGHING MATCH

Sunday 13th September 2015.

Ashleigh House Farm, Llandow, Cowbridge, Vale of Cowbridge CF71 7PA.

By kind permission of Mr & Mrs P. Lougher.

Features include Ferguson Club Welsh T20 Ploughing Championship, horse ploughing class, mechanical ploughing and multifurrow classes for local ploughmen. Competition starts from 10am. Admission is £5 for adults, members & children under 16 FREE. FREE CAR PARK.

For further information or schedule and entry form please contact:
Andrew Studley, Chairman - 01446 781229 or
Sarah Radcliffe, Secretary - 07976 950680.

www.facebook.com/Valeofglamorganploughingsociety

Cadets get guided tour of BA Interiors



Cadets and staff at BA Interiors.

Lola is on the mend!



David Carrington with Lola, now thankfully back to full health!

(CONTINUED FROM PAGE 1)

The drugs, together with Lola's fighting spirit, led to a steady improvement, and after some time, the hole in her belly was clear of infection and it could be closed with stitches.

She is home now, full of life, and the only problem she has is scar tissue close to a muscle which gives her a limp. This is being treated with laser surgery.

The Carringtons feel that the incident raises the issue of just when it is safe to let dogs off the lead.

What they both feel strongly about, however, is the need to get insurance for your pet.

Happily, they had taken out insurance just two weeks before the attack! The bill for the treatment stands at around £2,300!

So, Lola is home now with the family in Porthcawl and full of life, with a new puppy, Toby, to keep her company, and the family is very grateful for the medical expertise and dedication of their vets.

Halfway through August there was more good news, as Tabitha received the news that she had three As at A-Level, and is off to Warwick University to study English and creative writing!

Prince Charles Patron of Civic Trust Cymru

CIVIC Trust has announced that Prince Charles has agreed to become Patron of the Trust.

Formerly the Civic Trust for Wales (established in 1964), it was launched on April 1 and promotes civic pride as a means to improving the quality of life for all, and encourages community action, good design, sustainable development and respect

for the built environment. Chair of Civic Trust Cymru, Lyn Owen, said: "We are delighted that HRH The Prince of Wales has agreed to become the Patron of Civic Trust Cymru. His patronage recognises not only the work of the Trust, but also that of all the dedicated and passionate local people who make up the civic societies of Wales. "We are extremely grateful to HRH for his support".

ON Friday, August 28, eight cadets and two staff from 2117 (Kenfig Hill) Sqn Royal Air Force Air Cadets attended British Airways Interiors at Blackwood for a guided tour of the facility.

The location is responsible for the overhaul of seats and cabin furniture for all British Airways aircraft, and also the production of the carpets inside the aircraft.

Their guide, Paul Bradbury, explained how the seats arrive at the facility and are then stripped to bare frames by a number of specialist areas, rebuilt to look as new, with any defects repaired during the process.

The cadets were shown two new prototype first class seats that they are hoping to introduce soon on the

British Airways fleet.

A highlight of the tour was when the cadets and staff were issued ear defenders. The reason was soon made clear when the company staff inflated an emergency escape slide from a Boeing 777 aircraft, which took just seven seconds.

Mr Bradbury explained that the facility was the only one of its kind to have escape shoot overhaul capability for the Airbus A380 (Super Jumbo), other than the company that builds them.

He also explained that extra staff have recently been taken on, and that some apprenticeships are about to start.

On behalf of the air cadets, Sgt (ATC) Peckham thanked Paul Bradbury and British Airways Interiors for hosting their visit, which was very much enjoyed by all present. **LT**

What's on news in brief

Oldcastle PACT

A MEETING will take place on Wednesday, September 9 in Brynteg lower school library at 6.30pm.

Cowbridge U3A

A TALK entitled 'The National Botanic Gardens of Wales' will be given by Desmond Woods on Wednesday, September 9 at 2pm in Cowbridge Town Hall.

Visitors welcome; a small fee includes refreshments.

Book signing in Penarth

TRAVEL writer John Harrison will be signing his latest book 1519: A Journey to the End of Time at Griffin Books, Penarth on September 11 from 6pm - 7pm; John was a guest at this year's Hay Festival.

Admission is free and refreshments will be provided.

On September 24 Griffin Books will host crime writer Ann Cleeves at 2.30pm in All Saints Church, Victoria Square, Penarth. Tickets

for this event are £5.

Visit griffinbooks.co.uk or call 02920 706455 for more details.

Ladies' Welsh group meets in Cowbridge
MERCHED y Wawr in Cowbridge is a group of Welsh speaking ladies who meet on the second Monday of the month to socialise and share interests.

Activities include talks, crafts, reading books, helping charities, quizzes, singing, etc.

The first meeting of the season will be held at 7.30pm on Monday, September 14 at the Lesser Hall, Cowbridge. Members are asked to bring along something of importance to them, a small 'treasure', and to talk about its significance.

New members are warmly welcomed, including ladies who are learning the Welsh language.

Further details on 01656 766967.

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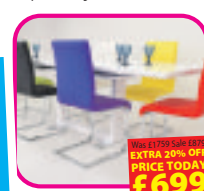
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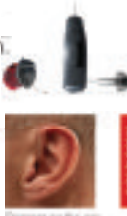
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G2S PROUD OF THEIR WELCOME TO WALES!

SINCE opening the doors of their new showroom at the beginning of 2014, G2S have seen constant growth and are now firmly established in Wales.

They proudly offer competitive prices on windows, doors and conservatories and have relished the opportunity to supply these products to the people of Wales. Although they are relatively new to Wales, G2S have been industry specialists

since 1990. Priding themselves not only on the quality of their products and competitive prices, but also on their high service standards, it goes without saying that the Welsh people have welcomed them with open arms.

G2S believe in their products and prices so much that they are now offering a free £10 Marks and Spencer gift card just for the opportunity to provide people with a quote on their new windows, doors, or conservatories.

For more information, visit www.g2sgroup.co.uk or call 0800 322322.

Free Will advice to put your mind at rest...

HOPKINS LAW are currently running an innovative 'free advice clinic' every Tuesday afternoon for advice on Probate, Wills, Powers of Attorney and Trust matters.

The clinics are open to everyone and appointments aren't always necessary, so it's a great opportunity to ask any nagging questions that have been bothering you.

The insurance company RIAS recently reported that over eight million over-50s haven't yet made a Will – whether for fear of tempting fate, or fear of the legal process.

The specialist solicitors at Hopkins Law will make your Will in plain English – and help you ensure that everything you hold dear is left to your loved ones in the future.

ADVICE ON WILLS & PROBATE £0

Yes, that's right. FREE legal advice on Wills, probate issues, powers of attorney and family trusts at our weekly legal clinics every Tuesday afternoon during September. For appointments at other times, please pop in or telephone.

01446 774 151 **hopkins**
16.52a High Street, Cowbridge
www.hopkinslawltd.com SOLICITORS & ADVOCATES

Music in Mind for over-60s in the community

WITH Music In Mind, a Cowbridge-based community interest group, is starting its first singing and social group for people aged 60 and over.

The groups will run from 10.30am-12.30pm on Fridays at The Duke of Wellington, Cowbridge, and consist of an hour of group singing, led by a qualified musical director, followed by an hour of a social activity. Refreshments are provided.

Sarah and Kate, who run With Music In Mind, are keen to emphasise that anyone, of any singing ability, is welcome. The first session is on Friday, September 4, which will be registration and a free trial.

For more information, or to register now, contact With Music In Mind on 01446 771890, or info@withmusicinmind.co.uk, or see the website www.withmusicinmind.co.uk.

Singing and Social Group for people aged 60 and over.
Starts in Cowbridge on Friday 4th September at the Duke of Wellington 10.30am - 12.30pm.
Come along for registration and a free trial (£4 per session after free trial). Refreshments included.
For more information call 01446 771890
Email info@withmusicinmind.co.uk
www.withmusicinmind.co.uk

Veteran helps Veteran!

DISABLED RAF sergeant Mr A from the Vale of Glamorgan, received help from the RAF Association with replacing his faulty heating system recently.

Riding to his rescue was a former Army veteran, Dusty Millar (Mister Boiler Ltd), now trained as a Gas Safe engineer who replaced his heating system with funding from the RAF

Benevolent Fund.

A grant was provided to make replacing the heating boiler possible. Mr A said: "Without the generous help of the RAF Benevolent Fund, it would have been very difficult to afford this on my pension."

The case was put together by Geoff Horton, Barry RAF Association Honorary Welfare Officer, and fellow ex-serviceman Dusty Millar.

The Barry RAF Association is

active across the Vale of Glamorgan and its welfare team is available to assist RAF veterans now living in the local community, as well as their partners.

The contact details, should an RAF veteran need help, are: Geoff Horton, 01446 740522, or geoff@horton.co.uk or at Morrison's Store, Barry, on September 1-6 during the RAFA Wings Appeal.



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SEE MORE OF OUR 'IN BUSINESS' FEATURE ON PAGE 18

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*The G2S Group will give a £10 M&S voucher after a home visit and quotation have been completed. This offer is restricted to one voucher per household and is limited to the first 100 callers. The voucher will be posted to the named person at the address of quotation only. The G2S Group reserve the right to withdraw any offer without prior notice. Photographs and illustrations are for illustrative purposes only, copyright belongs to the G2S Group. Offers cannot be used in conjunction with any other offer or discount. The G2S Group act as an intermediary and sell other products from Barclays Partner Finance. Barclays Partner Finance is a trading name of Clydesdale Financial Services Limited, a wholly owned subsidiary of Barclays Bank PLC. Clydesdale Financial Services Limited is authorised and regulated by the Financial Conduct Authority (Financial Services Register Number: 311733). Registered in England, registered number 2801725. Registered office: 1 Churchill Place, London E14 5HP.



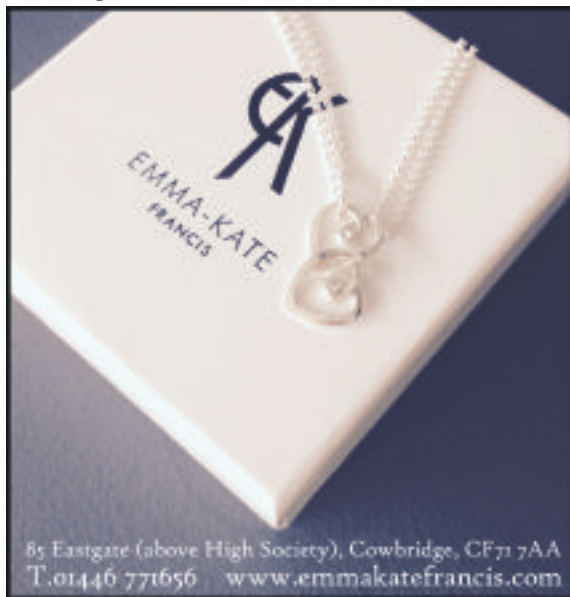
JEWELLERY BOUTIQUE NOMINATED FOR TWO TOP AWARDS

THE summer months have never been so busy for jewellery designer, creator and entrepreneur, Emma-Kate Francis.

Her jewellery business, www.emmakatefrancis.com and boutique studio based in Cowbridge, has been shortlisted for two prestigious Welsh awards; the 'Entrepreneur Wales Awards' and the 'South Wales Business Awards' in both 'creative' and 'retail' categories.

With many businesses closing down in Cowbridge, Emma-Kate wants to thank you for all the local support and custom she has been receiving recently:

"My business has grown from strength-to-strength over that last year, thanks to my loyal customers, and recently I have been seeing more and more footfall in the gallery, which is really great to receive," she said.



85 Eastgate (above High Society), Cowbridge, CF71 7AA
T.01446 771656 www.emmakatefrancis.com

Rising investment star hopes to challenge the First Minister in next year's Assembly election

A 33-year-old Conservative with a background in engineering and finance, who became a British citizen in 2011, hopes to challenge Wales' First Minister Carwyn Jones in the Welsh Assembly elections next May.

George Jabbour moved to Britain from Syria in 2004 to study at Imperial College and graduated with a Master's degree in finance. In 2012, he was named one of the top 40 rising stars in British investment banking.

Mr Jabbour is one of three Conservatives who will be contesting an open primary at the Hi Tide Inn in Porthcawl on Monday, September 14 – the others are Dan Boucher, a former European Parliament candidate, and a local community councillor Carolyn Webster.

Mr Jabbour said: "My background in engineering and investment equips me with the skills needed to deal with the local challenges, to create more jobs and to increase the investment in industry and tourism in the constituency."

In the general election, Mr Jabbour stood in the Inverclyde seat in the west of Scotland. He polled 4,446 votes to Ronnie Cowan's SNP total of 24,585, coming third



George Jabbour.

The First Minister will be defending what looks like a comfortable majority of 6,775.

Any elector in the Bridgend constituency can register to attend the open primary meeting and vote for one of the three candidates. To register, call 033 0010 1403, or write to Freepost Welsh Conservatives or email info@welshconservatives.com. The deadline for registration to attend the open primary meeting is Sunday, September 13.

Left to right: Ted Arbuthnot, chairman Vale for Africa; Coun Fred Johnson, Mayor of the Vale; Coun Charlotte Williams, deputy Mayor of Barry and Dr Has Shah, Vale for Africa member.

A FUNDRAISING dinner has raised £700 for Vale for Africa to help fund an important mission to Uganda.

In September, a team of three eye experts from the Vale will visit the Tororo district of the country to help improve eye care in the area. They will test vision and train local hospital staff and village health teams.

One of the optometrists and chairman of Vale for Africa, Ted Arbuthnot, said: "The problems in Tororo are simple. Primary care in the rural areas is sparse and identifying people in need is difficult. Transporting them to centres where they can be treated is a problem, and as well as this the government hospital struggles to maintain good services."

The eye team will also test children's eyes in schools in the rural areas, as well as adults and the elderly, in a rural health centre at Gwarragwarra. They will also take badly-needed equipment with them.

Vale for Africa – part of the ambitious Wales for Africa programme – works to improve lives in the Tororo district of Uganda in various ways. A range of activities aims to improve health, education and skills in the region.

Vale for Africa has, among other projects, funded three motorcycle

ambulances for Tororo, supports a community library and is working to build new classrooms in a local school.

"We are very excited about the work being done, which is having tangible benefits for local people.

"We find that a little help goes a long way," said Mr Arbuthnot.

The fundraising

dinner, organised by Vale for Africa member Dr Has Shah, was held at the Vegetarian Food Studio in Cardiff. Around 60 attended, including members of the Ugandan Asian Community living in the area. The Mayor of Vale of Glamorgan, Coun Fred Johnson, and the deputy Mayor of Barry, Coun Charlotte

Williams, also attended. As well as supporting the eye care trip, the funds raised will be used to help the Vale for Africa scholarship student who will be studying at Atlantic College this year.

To get involved with Vale for Africa, call 01446 734387 or email info@valeforafrica.org.uk.

Fundraiser supports vital eye care mission



Charity needs creative people

LOCAL charity Sustainable Wales needs help to develop two new groups (Arts and Culture and Community Energy).

We're in the process of developing an 'Arts, Craft and Culture Trail' for the town, following a feasibility study. Also, we are about to produce 'Shine a Light?' – a short challenging film outlining the difficulties of community energy development in the UK – solar, hydro, biomass, geothermal, wind.

So, we would like to involve enthusiastic people to help us develop

these two new campaign groups for our borough.

We need creative people with ideas, experience in research, project development, administration, finance or marketing, but all are welcome to join.

To be involved and contribute to either of these important activities, call into SUSSED, 4-5 James Street, Porthcawl, telephone 01656 783962, or email kris.evans@sustainablewales.org.uk.

Kristian Evans,
Development Officer.

Cat centre looks for a good home for Zenga



Zenga, who has detached retinas, is looking for a good home.
(Photograph by Sue Dobbs)

THE Cats Protection Bridgend Adoption Centre is seeking a loving home for a blind cat in its care.

The cat, named 'Zenga' was admitted as a stray with her five-week-old kittens. She was very poorly on arrival but has rallied and is now ready for adoption.

Sadly one of her kittens passed away but the other three have survived and been adopted. Despite her blindness, there is no reason why Zenga shouldn't make a loving pet for the right owner.

Sue Dobbs, centre manager said: "Cats that are blind or have impaired vision can live happy and healthy lives, as they use other tools such as scent, memory and touch to find their way around."

"Zenga has detached retinas; our vet believes she was born blind.

Zenga also has a heart murmur, it's a miracle that she has survived being a stray and managed to raise a litter of kittens in the process".

"We think Zenga will be best suited to an indoor home as long as the owner takes some simple precautions, for example, not moving furniture around and keeping her litter tray and feeding bowl in the same place, then there is no reason why Zenga shouldn't fit in as the perfect pet."

"Zenga has a lovely character – she is very sweet and gentle, loves having a fuss and human contact so do get in touch if you would like to meet her"

Anyone interested in giving Zenga a home should contact the centre on 01656 724396 or email emai1bridgend@cats.org.uk

ECO-FASHION COSMETIC BRAND

INIKA

COMES TO COWBRIDGE

INIKA, the beauty industry's preferred organic cosmetics range is coming to your local Lloyds pharmacy in Cowbridge.

INIKA is a certified organic, natural, halal & vegan makeup brand which does not compromise on colour or performance and which delivers a flawless complexion. Designed to hydrate and nurture healthy skin for complete confidence, the advanced botanical formulas are free from synthetic chemicals and free from harm, meaning it can be used even on the most sensitive of skin.

This multiple award winning cosmetic brand, outperforms even non-organic brands and with its luxurious textures, excellent pigment delivery and effortless application. INIKA's products are also cruelty-free for added peace of mind.

You can now find INIKA cosmetics in the makeup aisle of your local Lloyds Pharmacy located in The Broadshoard, Cowbridge if you want to join the organic revolution.

Want a chance of winning a bespoke Autumnal makeup kit up to the value of £55 from INIKA Cosmetics?

Answer the following question by **September 15th** to the address below stating your address and contact number:

What advanced ingredients does INIKA use in it's formulations?:

- Botanicals
- Beeswax
- Synthetic Chemicals

All entries to be sent to:

INIKA Competition Entries - Cowbridge

C/O Chalk PR, Unit 6J, Clapham Arts Centre, 26-32 Voltaire Road, London, SW4 6DH



MYND AM DRO YN Y FRO...i Larnog gyda Dai Lingual

Bu yna raglen deledu yn ddiweddar ar S4C yn datgelu hanes y signal radio cyntaf i gael ei hela dros fôr a thir gan Mr. Marconi – criw Telesgop oedd yn olrhain yr hanes i'r rhaglen "Dibendraw" a'r man ble bu hynny'n digwydd oedd o Ynys Echni i Larnog, sef ar yr arfordir rhwng Penarth a Sili.



Eglwys Larnog - llun @dailingual

hefyd yn credu yn hanes Sant Lawrens hefyd :- beth felly am lwyn- [g]wernog ?

Os taw hynny yw gwraidd etymolegol Llywernog ger Ponterwyd, pam nid felly hefyd Llywernog ger Penarth, a bod hynny wedi treiglo i Larnog dros yr oesau - lle'r llwyni gwern felly. Wedi'r cwbl, y Brythoniaid Celtaidd – sef cyneidiau'r Cymry – buasai wedi enwi Larnog yn gyntaf tybiwn i. Ac efallai na fuasai sillaf Llywernog fel y bu yn gweddu meddyffrwyd y cerbydau'r iethyddol a'u hollynyddion crefyddol a ddilynodd y Celtaidd paganaidd i'r ardal.

Gwelir felly bod etymoleg yn faes y gad i syniadau diwyllianol gwahanol – ac nid yn unig i siaradwyr yr iaith Gymraeg. Yn Iwerddon, mae'r dramodydd Brian Friel wedi ysgrifennu'n llw ar effaith Seisnigeiddio enwau Gwyddelig i'r iaith fain yn ei ddrama arbennig Translations, ble mae'r grymoedd gwyddeligol sydd hefyd yn meddu ar rym iethyddol ac felly daeryddol. Mae'r iaith Gymraeg wedi llwyddo cyrraedd yr unfed ganrif ar hugain mewn ffordd gall iaith y Gwyddel ond deisyfu amdani, ond eto fe welir effaith byw mor agos i'r ffin yn enwau ein pentrefi a threfi. Llwyn neu efallai lle'r gwern yw fy Larnog imi felly, a bod hynny wedi bod yn reswm yn gyntaf i'r Anglo-Sacsoniaid glywed eheidd yn hedfan uwchben y clogwyni (ble mae'r bryncyn?) i greu Lark-knock (What a lark!) ac yna i Gristnogion i gysegru'r eglwys yn enw St. Lawrence - er bod yna ddim theswm penodol arall i wneud hynny.

Wedi dweud hynny, mae'r eglwys leol wedi ei chysegru i Sant Lawrens (St Laurence) felly mae'n rhaid bod ganddo ef tipyn o ddweud yn y mater hefyd, er nad oes yna stori hanesyddol i ddod â'i draed ef yn nes o dan y bwrdd arbennig hwnnw ar hyn o bryd.

Credaf innau fod Larnog felly yn enghraifft o enw lle ym Mro Morgannwg nad sydd iddi esboniad syth bin, tryloyw. Cewch ddewis eich hoff ddehongliad chi!

Yn bersonol, tybiaf fod y rysait yn cynnwys tipyn bach o bob un o'r uchod, gyda thalpw sylweddol o canlynol: sef o gofio pentref Llywernog yng Ngheredigion, a'r tebygrwydd trawiadol hynny. Er dydi Gwynedd O. ddim yn rhy hoff chwaith o'r cysyniad taw gwraidd Larnog yw Llanwernog – sef yr Eglwys ger y Gwerni, efallai oherwydd ei fod

trafodaeth ydy hyn oll yn unig ble nad oes yna wobwr am y dewis gorau na chwaith yr angen am resymeg lawn, ac edrychaf ymlaen at luniau o Fryn yr Ehedydd, a storiâu lu yn sôn am waith St. Lawrence yn yr ardal – cewch hela'r rheiny, yn ogystal â'ch syniadau, deisyfiadau a'ch dyfeisiadau chi ynglŷn ag enwau eich pentref lleol ym Mro Morgannwg i'r cyfeiriad arferol sef david@cymunedau.org

Sêr Eiry - Virgo

Os cawsoch eich geni rhwng Awst 23ain a Medi 22ain rydych yn Virgo – arwydd daear, dan reolaeth y planed Mercher - sy'n eich gwneud yn hynod o chwim a sionc eich symudiad a'ch meddwl.

Eich arwyddair heb os yw perffithrwydd. Rhaid i bob peth fod yn ei le iawn ar yr amser iawn, ac yn berffaith mewn pob manyllyn, er weithiau y byddwch yn rhoi gormod o sylw i'r manylion ac yn anwybyddu'r darlun llawn. Rydych chi'n berson cyfeillgar er bairdd yn swil, yn ddiymhongar a meddylgar.

Mi fyddwch bob amser yn mynegi'ch hunan yn eglur ac yn resymegol, ac yn siaradwr cyhoeddus gwyb. Rhaid i chi gael trefn a thaclusrwydd o'ch cwmipas ond weithiau mi fyddwch yn gosod safon rhy uchel i chi'ch hunan a phawb o'ch cwmipas. Gellir dibynnu amoch i gadw at eich gair, ac mi fyddwch wrth eich bodd yn cymryd cyfrifoldeb, gan eich bod yn hoffi helpu eraill a bod o wasanaeth. Mae pob peth ymarferol yn apelio atoch chi a rydych chi'n



© Suzanne Carpenter

dysgu'n gyflym iawn, ac yn ardderchog mewn argyfwng. Rydych chi'n hoffi hobiau ymarferol fel gwaith coed neu wno.

Ond mae ynnoch weithiau duedd i fod yn o'r ffyslyd, ac yn rhy feirniadol o eraill, ac ohonoch chi'ch hunan hefyd – a thuedd i boeni'n ormodol, nes gwneud eich hunan yn sâl, gyda thuedd chi i fyw ar eich nerfau - yn dipyn o hypochondriac a dweud y gwir! Rydych chi hefyd yn eitha ffyslyd yn nghylch eich bywyd. Mae tuedd ynnoch chi i chwilio bai cyn canmol. Weithiau fe allwch chi fod yn o'falus gydag arian cybyddlyd hyd yn oed!

Virgoaid enwog: Ray Gravell, Dafydd Iwan, Bryn Fôn, Sharon Morgan, Menna Medi, Jenny Ogwen.

CYRSIAU NEWYDD I OEDOLION YN Y FRO

Mae Menter Bro Morgannwg derbyn cyllid gan **Gyngor Morgannwg** i beilota ychydig o gyrslau hamdden i oedolion trwy gyfrwng y **Gymraeg**. Fe fyddant yn cael eu cynnal ym mis **Tachwedd**, felly **dyma flas i chi o'r hyn fydd ar gynnig**. Dewch yn **llu!** Gallwch **gofrestru ar wefan y Fenter neu trwy gysylltu ffion@menterbromorgannwg.org / 029 20689888**.

Yoga – sesiwn yoga ymlaciadig a hamddenol dan arweiniad Mari Rhys.

Dydd Sadwrn Tachwedd 21 i 10.30am-1pm yn Ffestri Bethel, Penarth i £8

Bragu Cwrw, Gwin a Seidr – cwrw brag cwrw, gwin a seidr gyda

Rolant Tomos o Fragdy Tomos a Lilford (Llanilltud Fawr). Bydd y sesiwn yn cynnwys cyflwyniad i'r broses o gynhyrchu cwrw danadl poethion a gwin cartref, cyfle i flasau cynnyrch arbennig Tomos a Lilford, yn ogystal â sesiwn ymarferol ble cewch y cyfle i baratoi galwyn o seidr Nadoligaidd eich hun i fynd adref gyda chi!

Dydd Sadwrn Tachwedd 21 i 2-5pm yn Ffestri Bethel, Penarth i £35 (yn cynnwys yr holl adnoddau ac offer angenrheidiol)

'Llanw a thrai, trai a llanw: hanes yr iaith Gymraeg ym Mro Morgannwg' – cwrw hanes dan arweiniad Dylan Foster Evans

Bro Morgannwg yw un o'r adalodeu mwyaf diddorol yng Nghymru o ran ei hanes iethyddol. Ar hrd y canrifoedd mae'r Gymraeg a'r Saesneg fel ei gilydd wedi gweld cyfnodau o dwf ac oencil yn yr ardal hon. Bwriad y sesiwn rhyngweithiol hwn fydd dod i ddeall rhagor am ddiwylliant cyfoethog y Gymraeg yn y Fro o'r Oesoedd Canol hyd heddiw.

Dydd Sul Tachwedd 22 i 2-5pm yn Neuadd y Dref, Y Bontfaen i £8

Ukulele – cwrw blasu dan arweiniad Mei Gwynedd (Sibrydydd, Endaf Gremilin), ble byddwch yn dysgu cordiau syml ar yr Ukulele a mynd ati i gyd-chwarae rhai o'r gorenau o gerddoriaeth Gymraeg, yn ogystal ag ambell i gân Nadoligaidd! Bydd angen i chi ddod ag Ukulele gyda chi i'r sesiwn.

Nos Iau Tachwedd 26 i 7-9pm yng Ngwesty'r Park, Y Barri i £8

GWEITHGAREDDAU TEULU NEWYDD

Mae Menter Bro Morgannwg, mewn partneriaeth ag **Adran Chwaraeon yr Urdd**, yn darparu cyfres o weithgareddau newydd i blant cyn oed ysgol a'u teuluoedd mewn amryw leoliadau ar draws Bro Morgannwg. Dyma fanylion y cyrsiau a'r gweithgareddau sy'n dechrau ym mis Medi:

Sblsh Sblsh Babis Dŵr – cyfle gwyb i'ch babi gyfarwyddo â sgiliau nofio mewn awyrgylch hapus a hwyliog ac i gymdeithasu â rhieni, gyda chyfle i aros am banded a sgwrs ar ôl y sesiwn

I blant a babanod o 3 mis i 3 mlwydd oed i bob dydd Gwener yn dechrau Medi 19 i 11.30am-12pm yn Ysgol Stanwell, Penarth i £35 am gwsr 7 wythnos

I blant a babanod o 3 mis i 3 mlwydd oed i bob dydd Gwener yn dechrau Medi 13 i 8-9am neu Nghanolfan Hamdden Penarth i £45.50 am gwsr 13 wythnos.

Plant Heini – sesiynau gymnasteg i hybu datblygiad corfforol

eich plentyn a magu eu hyder mewn awyrgylch gyfeillgar, gyda gemau a gweithgareddau amrywiol i annog y plant i symud a chwarae

I blant 2-4 oed i bob dydd Gwener yn dechrau Medi 25 i 1.30-2.30pm yn Gampfa YMCA, Y Barri i £30 am gwsr 10 wythnos

Rygbi Bach – cyfle i ddysgu sgiliau craidd ac i ddechrau datblygu sgiliau penodol rygbi, gan gynnwys sut i basio'r bêl yn gywir a sut i sgorio cais da

I blant 2½-3 oed: bob dydd Sadwrn yn dechrau Medi 19 i 11.30am-12pm yn Ysgol Stanwell, Penarth i £35 am gwsr 7 wythnos

I blant 3-4 oed: bob dydd Sadwrn yn dechrau Medi 19 i 11.30am-12.15pm yn Ysgol Stanwell, Penarth i £49 am gwsr 7 wythnos

Amser Stori – croeso i blant 0-4 oed a'u rhieni i ynnu mewn sesiwn hwyliog o stori a chân, a gynhelir AM DDIM yn

wythnosol yn ystod tymor ysgol

Llyfrgell y Barri – bob dydd Mawrth yn dechrau Medi 8, 10.30-11am

Llyfrgell Llanilltud Fawr – bob dydd Iau yn dechrau Medi 10, 10.30-11am

Miri Meithrin – sesiwn chwarae a gynhelir yn ystod pob gwyliau ysgol, sy'n cynnwys gweithgareddau celf a chreffft, softplay, castell gwynt, a sesiwn cerddorol gyda 'Babi Bach'

I blant 0-4 oed i dydd Iau Medi 29 i 2.30-4pm yng Nghanolfan Hamdden Penarth i £2.50 y babi/plentyn [talw ar y drws]

Mae modd i chi gofrestru ar gyfer unrhyw un o'r cyrsiau uchod ar wefan y Fenter, neu os hoffech fwy o wybodaeth, cysylltwch â ffion@menterbromorgannwg.org / 029 20689888.

Cydnabyddir cefnogaeth Cronfa Arian i Bawb y Loteri a Chyngor Tref y Barri

MERCHED Y WAWR - CANGEN Y BONTFAEN

Cyfarfod cynta'r tymor yn y Neuadd Lai am 7.30 ar nos Lun Medi'r 14eg. Noson i drafod a dangos 'trysorau' yr aelodau!

Croeso i aelodau newydd yn ogystal â'r hen rai wrth gwsr! Am fwy o fanylion: s.williams642@btinternet.com

CYMRODORION Y BARRI - RHAGLEN Y FLWYDDYN

Bydd Cymrodorion y Barri yn cyfarfod yn ôl ym mis Medi wedi toriad byr dros wyliau'r haf, a dyma fanylion yr holl ddiwyddiadau sydd i ddod dros y flwyddyn nesaf!

Medi 15: A dyma'r Newyddion - Newyddiadaueth a fi gan Sali Collins – Darlithydd Newyddiadaueth y Coleg Gymraeg. Cadeirydd Eric Thomas

Hydref 20: cariad@iaith a Dal Ati – y cyfresi a'r dysgwyr. Noson yng nghwmni tîm cynhyrchu'r rhaglenni i ddysgwyr ar S4C. Cadeirydd Larry Bufton

Tachwedd 17: Gareth Thomas – awdur y nofel boblogaidd, 'A Welsh Dawn'. Cadeirydd Eleri Hourahane

Rhagfyr 17: Datliad Nadolig Ysgol Bro Morgannwg. Cadeirydd Rhoswen Deiniol.

Croeso i aelodau newydd yn ogystal â'r hen rai 2015



'Party on the Pitch' hits all the right notes at Llantwit Major Rugby Club

PHOTOGRAPHS by ANDY WICKS
Telephone 07855 374478

THE 'Party on the Pitch' was held at Llantwit Major Rugby Club on Sunday, August 30.

As you can see from Andy Wicks' jolly pictures, every one had a great time. There was a beer festival, live music, a DJ, hot food and kids' play area – what more could you want?



Local leisure centres offer free exercise

ON Wednesday, September 9, Barry, Penarth, Cowbridge, Llantwit Major and Holm View Leisure Centres are providing free exercise activities as part of their involvement in National Fitness Day, helping to make it the most active day of the year in the UK.

Under-16s are eligible to swim for free during public swimming sessions at Barry, Penarth and Llantwit Major Leisure Centres; however, those of eight years of age or less will have to be accompanied by a parent or someone over the age of 16.

To take part, members of the public should go to the centre on September 9. Contact the centre on 01446 403000 or visit leisurecentre.com.

What's on and where?

AM surgery

JANE HUTT, Assembly Member for the Vale will hold a surgery on Friday, September 4 from 4pm – 6pm at Trinity Church Hall, Trinity Street, Barry CF62 7EH. No appointment necessary.

Free legal advice

AGE CONNECTS Cardiff and Vale runs a free monthly legal advice session at the Senior Health Shop, 38 Holton Road, Barry.

If you are over 50 and worried about a legal matter other than criminal law, then come along.

The next session is on Tuesday, September 22 at 10am to 12 midday. Contact 01446 723385 for further information. No appointment is needed.

Age Connects coffee

AGE Connects will hold a Good Neighbours coffee morning on September 12 in the Lesser Hall, Cowbridge between 10am and 12.30pm.

Raffle, cakes and information on Age Connects; all welcome to come along.

Message in a Bottle

THIS is a simple, effective way to keep essential personal and medical details where they can be easily found in an emergency by paramedics, police or other services.

Go along to the Senior Health Shop on 38 Holton Road, Barry on September 15 to learn more and get your free bottle.

Nordic Walking

IF you would like to learn about Nordic Walking, come to Age Connects Senior Health Shop, 38 Holton Road, Barry on September 22, 10am – 12 noon.

Trainer Geoff Hollett will be there to give advice and information on how to get started. Contact 01446 732385 for further information.

GF

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ONE of the paradoxes of life
is that while we may enjoy a
pastime or activity, it means
something else is neglected.

Have you ever been away on a foreign
holiday, only to return and need some time
to relax? Some 'me time'!

Summer holidays are often a whirlwind
of activities and enjoyment, but once they
are over and the children are back at
school it gives Mums and Dads and
grandparents time to catch up on their
own interests.

Now is the time to join that fitness gym,
enjoy a makeover, take up dancing or a
new sport, find a moment in the day to pop
over to the slimming club.

Maybe there is a health problem that
that you've put on the 'back-burner'
because you've been so busy. Well, make
that appointment - now!

Only you can set aside the time to make
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and help is there if you look for it.

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Thurs 12 - 8pm.
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Sat 9am - 4.30pm.



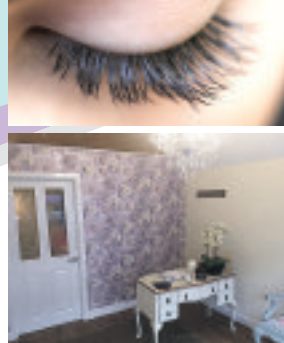
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Claudia James and I am a fully qualified semi
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TIPS TO PROTECT YOUR BACK!

WITH the increasing use of iPads and laptops, at Return 2 Health Chiropractic Clinic, we are seeing more and more people, particularly teenagers, with back issues.

Move it! Sitting for too long is generally not good at all for the body, particularly the back. With iPads, laptops, gaming consoles and TV, it's very easy to sit and slouch for long periods. Try to get up and move every 30-40 minutes.

Lighten up! Try to keep your school bag light. If there are lockers at your school, keep heavy books in them.

Use a rucksack! Carrying a heavy bag over one shoulder creates muscular imbalance and uneven stresses on the joints. Using a rucksack with both straps over your shoulders is far better for you.

If you are worried about your back pain (or any other pain), why not come and visit us, we have over 11 years' experience in treating back pain.

Not sure if we can help? Then book a free advisory consultation.

WITH the kids back in school and time on your hands, why not join us at the Bay Health and Fitness Club in Fontygary Leisure Park?

With no contract to sign, it is easy to just pay over the counter each month – there are no hidden charges!

This gives you the flexibility to come and go as you please (we also offer a pay-as-you-go facility).

We have a separate free weights room – a fully equipped gym with vibrostation (like the celebrities use),

a lovely relaxing leisure area complete with Jacuzzi, sauna and steam room and a 25m indoor swimming pool.

If you have never used a gym before, you don't have to feel intimidated as our staff are on hand to show you exactly how each piece of equipment works.

We offer a warm welcome to everyone. Don't take our word for it – why not come down and see for yourself? (Or call Jennie or Mark on 01446 710386.)

Remember Fontygary Leisure Park is completely open to the public!

ZUMBA GOLD CLASSES IN VALE



ZUMBA GOLD CLASSES

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Llanrumney

British Legion
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Highlight

Community Hall
6.15pm - 7pm.

Wednesday Classes

Sully BP
Club

10am - 10.45am.

Highlight

Park
11.30am - 12.15pm.

ZUMBA FITNESS CLASS

Tuesday Class

Llandough War Memorial Hall, Llandough
6.45pm - 7.30pm

NEW PIYO CLASSES starting in Llandough October, pls ring for details.

All classes start from 2nd September, but please check the website for confirmation of start dates:

www.tracey14.zumba.com

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Health Beauty & fitness



Super slimmers' weight-loss success is in the bag!

SLIMMERS in Llantwit Major are losing pounds and bagging-up all the clothes they've slimmed out of, to raise money for a good cause – in the Big Slimming World Clothes Throw.

Members of the Llantwit Major Slimming World group spring-cleaned their closets and are donating the clothes that no longer fit their new slimline figures to their local Cancer Research UK shop.

The Big Slimming World Clothes Throw is a nationwide fundraising drive that sees Slimming World members across the UK donating clothes to Cancer Research UK, Slimming World's charity partner for 2015. Each bag of clothes collected could raise up to £25 and we managed to donate 38 bags! This year the company raised £1.7 million.

Helen says: "Lots of people have dropped down clothes sizes and their

wardrobes are full of clothes that are too big and baggy now. And they're happy to give them away because they know that they're never going to need them again!

"Our Food Optimising plan isn't a diet that members follow for a little while and then 'come off' when they've reached their target weight.

"At group each week we support members to make healthy changes to the way they shop, cook and eat that they can keep up for life so they really do slim for good."

Helen said: "As a group, we have also just completed our very own Race for Life and raised £525 for Cancer Research."

Anyone who would like to join generous Slimming World members is welcome at the group at Catholic Church, Ham Lane East, Llantwit Major on Tuesdays at 9:30am, 5:30pm or 7:30pm. Contact Helen on 01446 750738/07968 355119, for more information on other groups.

Stylish barber service at spa Resort

WITH the wedding season in full swing, Wales' largest spa has launched a new barber service, offering grooms-to-be and wedding guests hair cutting and shaving treatments.

The Vale Resort in Hensol has appointed Lewis Jones, 25, who has more than four years of experience in the profession and has worked with a number of well-known barbers and salons across south Wales.

The spa's newly-created service will benefit male wedding guests, especially grooms, wanting to look ultra-sharp on the big day. Mr Jones provides expert hair-cutting services, hot towel shaving and facial cleansing treatments.

Mr Jones said: "Male grooming has become very popular in recent years, so I'm delighted that I can now offer my services to the resort's clients, particularly those visiting for a special occasion.

"TV shows, such as *Mad Men* and *Suits*, have put male grooming in the spotlight, and more and more people are now looking for a traditional barber to replicate these slick, stylish haircuts.

"A lot of clients prepare for a wedding by purchasing a good suit and shining up their shoes to really 'look the part'.

"Indulging in a hot towel shave or having a fresh haircut, is a great way to round off the whole look, so clients can feel their very best on the big day."

Stephanie Metson, marketing manager at the Vale Resort, said: "This new service is an extension of the existing male grooming packages offered at the Vale Resort and will undoubtedly be a welcome feature for our wedding guests."

PILATES CLASSES IN BARRY

PILATES is a gentle form of exercise that both strengthens and stretches the body and classes are held at St Nicholas hall in Barry.

They are small and friendly and there are classes for complete beginners, up to intermediate.

Some people attend the classes to improve their fitness, flexibility and posture; others find it helpful with a variety of aches and pains and some just enjoy the class and the relaxation it brings. Classes are led by qualified Pilates teacher Sharon Sylvester, who also works as a registered osteopath.

Starting on Thursday, September 24, is a new five-week introductory course for beginners. In the evenings, beginners can join the 7.15pm Friday class.

To book your place, contact Sharon on 07830 085606 or email sharonpilates@hotmail.com.

Barry Pilates Classes

Mondays 9.15am & 10.30am
Thursdays 10am
Fridays 6pm & 7.15pm

New Beginners Course Thursday
Starts 24 September 11am

To book, or for more information:
Sharon 07830 085606
www.barrypilates.co.uk

worth a try

£100

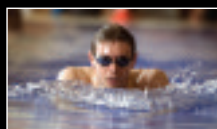
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*Terms & conditions apply. Cashback redeemed for 6 months from January 2016 as long as membership is active. *Available to non-members at additional cost. £25 administration fee applies if not joining on the cashback promotion. Offer ends 31 October 2015.

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Helen 01446 750738/07968355119

Tuesdays 5.30pm
Holy Trinity
Presbyterian Church
Hall, Trinity Street,
Barry
Joanne 01446 404897

Tuesday 5.30pm & 7.30pm
Ebenezer Church Hall,
opp. Surgery, North
Cornelly CF33 4LB
Dee 07733 267369

Tuesdays 5.30pm and 7.30pm
The Welfare Hall,
Hope Avenue, Next To
The Old Cinema,
Aberkenfig, CF32 9PR
Lorraine 01656 734710

Tuesdays 6.30pm
The Old School, South
Road, Sully CF64 5TG
Nicola - 01446 740394

Tuesdays 7.30pm
St Marys Catholic
Church Hall, Ewenny
Road, Bridgend
Graham 07475 865005

Wednesday 9.30am
Trinity Church,
Porthcawl
Gaynor 01656 788763

Wednesday 9.30am
Ebenezer Church Hall,
opp. Surgery, North
Cornelly CF33 4LB
Dee 07733 267369

Wednesdays 6.00pm
Cadroxton Methodist
Church, Church Road,
Barry
Joanne 01446 404897

Wednesdays 4.45pm and 6.45pm
St Francis Millennium
Centre, Park Road,
Porth-Y-Castell, Barry
Annamarie 01446 736534

Wednesday 5.30 & 7.30 pm
Bridgend Deaf Club,
Coychurch Road,
Bridgend
Helen - 01656 720963

Thursdays 9.30am
Nolton Church Hall
Merthyr Mawr Road
Bridgend
Donna 01656 669739
07790797008

Thursdays 10.15am
St Helen's Church Hall,
Wyndham Street, Barry
CF63 4EL
Nicola - 01446 740394

Thursday at 5.30pm
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To book your free consultation, please call 01446 750880.



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New Pilates courses starting at the Barefoot Studio...

BAREFOOT STUDIO specialise in Pilates and our teachers are all highly qualified with some of the best Pilates schools in the UK.

We offer matwork classes at many levels, from healthy back classes for people in pain, through to our mat all levels classes. You can choose the path that is right for you and our experienced studio staff can guide you as you progress in Pilates and your body changes and grows stronger:

- Beginners Pilates courses.
 - Specialist classes for lower back pain.
 - Beginners and intermediate classical matwork.
 - Lower level workout in our fundamentals class.
 - Men only class, just for the boys!
- Our classes are small, with no more than 12 people in a group. Plus, we offer one-to-one classes and small group reformer. Just ring us to find out what is right for you.*



PILATES BEGINNERS COURSE

6 Week Courses Start 8 September | £54 for 6 sessions

Our beginners courses are taught in small groups of just 12 people and our experienced instructors give plenty of individual attention to ensure you get the most out of the classes.

Choose from Tuesdays 9:30am, or Thursdays 7:30pm.

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e: info@barefootstudio.co.uk

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LLANDOW, COWBRIDGE

EXERCISES TO IMPROVE BOTH YOUR BODY AND YOUR MIND

WILLOWS Tai Chi and Qi Gong group has been going since 2010; we have classes in Barry, St Athan and Ewenny, and we now have opportunity for beginners to join for the Autumn term.

In each class, we do the Lee Style Tai Chi Form and Qi Gong exercises to improve and maintain health and well-being and condition the body, to improve, balance, coordination, mobility and flexibility – allowing the mind body to recover from the cares of the everyday life.

All classes are done in a very gentle way, allowing each individual to work at their own pace, staying within their personal ability and pursuing personal goals.

Our class members say they also enjoy the social aspect of the class, and meeting friendly helpful people. You are welcome to contact me at

01446 744643 to discuss, how you can join and learn a new skill.

WILLOWS TAI CHI & QI GONG Est. 2010

Classes in Barry, St Athan & Ewenny

Beginners welcome!

Friendly & helpful, all welcome!

For more information, call Sue on

01446 744643

'Bye bye Botox', Hello acupuncture!

BYE BYE BOTOX and hello facial acupuncture... women of all ages are now giving up the taut botox look in favour of a more glowing, feminine look.

Facial rejuvenation acupuncture is the new cosmetic sos. Popular among celebrities, including Jennifer Aniston and Gwyneth Paltrow, it's a holistic procedure that works with your natural energies to give you a healthier, younger look.

The procedure works in much the same way that traditional

acupuncture does: fine needles, finer than the hairs on your head, are inserted into your fine lines and are then lifted at intervals, to help rebuild the collagen in your skin – giving your face an overall healthier look.

Sian Williams, a fully-qualified cosmetic acupuncturist, offers facial rejuvenation acupuncture at the local Cowbridge Health Food shop.

Her treatment is tailor-made to suit the needs of her clientele and the number of procedures depends entirely on one's skin.

She also takes before and after

photos, so that she can examine how to progress through your treatments and giving you the chance firsthand to see the acupuncture working.

When the time comes for your next botox fix, think twice! There's a healthier, holistic alternative that can give you younger looking skin, minus the expense and freezing face look.

Sian Williams, Lic Acc, is a fully qualified acupuncturist, who also practises traditional acupuncture in treating various conditions.



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Sian Williams - Lic Acc



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Tel: 07825 869087

(Find me on Facebook) SianWilliams Acupuncture

Thrilling encounter marks opening of new hockey pitch in Penarth

The new Astroturf pitch at Stanwell Comprehensive School was well and truly inaugurated at the weekend as a Stanwell Old Boys team took on a Penarth Select XI in the first match of any kind at the facility.

After years of waiting, the day proved to be an emotional one for players on both sides, many of whom have lived a nomadic existence for the past two decades as Penarth Hockey Club searched for a permanent home.

With Stanwell having provided PHC with talent for much longer than that, a meeting between the local club and the debutant Old Boys team provided a fitting backdrop to the occasion.

A large crowd of stakeholders, well-wishers, interested spectators and assorted family members had already gathered by the time that former Welsh Hockey Association and long-standing PHC president Alan Carter recalled moments from the history of both school and club, before cutting the ceremonial ribbon and allowing everyone access to the pitch.

After a brief warm-up to get used to the new surface, the teams were ready for action, although the early stages suggested that Penarth were a little more prepared as the first 10 minutes of the game took place largely in the Stanwell half.

Ironically, therefore, it was just as the 'home' team was beginning to gain a foothold that Penarth opened the scoring, with Sam Salisbury and Sam Chick

combining to set up Gareth Hurman for a simple tap-in and the first goal of the new era.

Despite Kevin Maddox and Phil Lane continuing to cause problems for the Stanwell defence, it was the former students who scored next, coming back into the game and levelling as Sam Wooding converted a pass from Dave Watkins to make it 1-1.

The game appeared to be heading into the interval on an even footing, thanks to goalkeepers Mark and Jason Harris, who both pulled off fine saves, and the defensive efforts of Jamie Davison, Dave Stevens and Craig Llewellyn, the latter clearing off the Stanwell line.

Penarth, however, had other ideas and, with just minutes left on the clock, Chick found a gap in the Stanwell defence to fire home and put PHC 2-1 up.

With the keepers staying put during the break, and thus swapping teams for the second half, the respective forwards faced a different challenge when the game resumed, and this time it was the former pupils who made the early breakthrough, with Wooding linking up with father Derek and capitalising on a through ball to score his second of the game to bring the sides level once again.

With their tails up, Stanwell continued to take the game to Penarth, led by the veteran guile provided throughout the game by skipper Nick Pratt, Rob Harris, Thomas brothers Dave and Paul and the effervescent Dave Morgan. It was youthful vigour that applied the

finishing touch, however, as the efforts of Tom Davies and Matt Noble eventually led to a third goal for Wooding Jr, who completed the first hat-trick on the new pitch with quarter of an hour remaining.

Falling behind clearly wasn't in Penarth's game plan however and, spurred into action by facing a one-goal deficit with 10 minutes to play, Laith El-Khatib converted a penalty corner to bring the sides level for a third time.

Taking advantage of a tiring student side, Chick and El-Khatib then grabbed a second goal apiece in the waning moments to make the final score 5-3 in Penarth's favour, giving former St Cyres pupil Mark Robinson the honour of having assembled and captained the first winning team at Estadio Stanwell.

"It was a great game to christen a great new facility," PHC chairman

and Old Boys captain Nick Pratt observed, "Penarth Hockey Club will be eternally grateful to headmaster Derek Jones, deputy head Clare Kynaston and the governors for their vision in bringing this pitch to fruition, and both club and school can look forward to many more games like this as a result. Hockey has well and truly come home!"

Teams - Stanwell Old Boys: Mark Harris, Rob Harris, Craig Llewellyn, Nick Pratt (c), Simon Pedwell, Dave Stevens, Paul Thomas, Dave Thomas, Dave Watkins, Dave Morgan, Derek Wooding, Sam Wooding, Tom Davies, Matt Noble.

Penarth Select: Jason Harris, Mark Robinson (c), Graeme Jones, Jamie Davison, James Davies, Rob Williams, Phil Lane, Laith El-Khatib, Sam Salisbury, Sam Chick, Gareth Hurman, Kevin Maddox, Richard Clarkson, Dave Kidby. Umpires: Colin

Crayford, David Gale. With the official opening now in the rear view mirror, Stanwell will begin life as Penarth Hockey Club's official home as the first XI continue their pre-season preparation by hosting Cardiff & Met on Saturday, September 5, while a combined second/third XI will take on the same opposition at UWIC.

Penarth Hockey Club always welcomes new, old and returning players, umpires, supporters, friends and helpers regardless of age and ability.

Training takes place on Wednesdays at Stanwell School, with the juniors on the pitch between 6.30pm and 7.30pm and the seniors between 7.30pm and 8.30pm.

Anyone interested in joining the club at senior or youth level can contact either player-coach Ben Croxall (b_croxall20@yahoo.co.uk) or club secretary Dave Stevens (d_stevens81@hotmail.co.uk) for further information. CL



The Stanwell Old Boys and Penarth Select XI teams.



PHC president Alan Carter cuts the ribbon and officially opens the new pitch.

Llantwit Major AFC see the points shared

LLANTWIT MAJOR AFC travelled to high flying Abergavenny on Saturday in a Division 3 Welsh League fixture.

Abergavenny must have been confident going in to the game carrying 100 per cent record in their campaign.

The early exchanges were a little cat and mouse, with the Llantwit midfield gradually taking a grip of the game.

After 25 minutes Rhys Llewellyn smashed a 40 yard pass into the run of Lee Jones who finished with aplomb, giving Llantwit a 1-0 lead.

Top scorer Danny then saw an effort ruled out for offside.

The tireless Rob Jones had a big penalty claim overturned, while the Llantwit defence, and keeper Jack Lansdown, rarely looked troubled, which allowed Llantwit to go in at halftime with a fully deserved slender lead.

As predicted by the shrewd Karl Lewis, Abergavenny came out for the second half wounded and eager to fight back.

Despite having a lot of possession the chances created were very few and far between.

The back line and a disciplined midfield display stemmed the tide very effectively.

Only one real chance was created; following a free kick, a far post unchallenged header

failed to hit the target.

Llantwit were forced to ring the changes due to a hamstring tear picked up by Lee Jones and also, in midfield, Kristian Smith had to bow out.

The reshuffle saw Glyn Davies fall in to full back and the excellent Jon Fletcher pushed in to midfield.

Still, despite having a lot of the ball, Abergavenny got no joy from a steadfast rear.

Gethin Jennings replaced the effervescent Keiran Waggars who had put in a proper shift.

The tireless duo of Nathan Jones and Rob Jones carved out a gilt-edged chance, which Rob failed to convert.

From this, the ball was quickly recycled and Abergavenny counter attacked with maximum reward, by scrambling in a fortunate rebound in the 76th minute.

Honours were even for the remainder of the game and a 1-1 scoreline was a fair reflection.

This gritty and yet often top quality performance against the league leaders left the Llantwit management confident that there are better times ahead.

The newly formed squad is beginning to settle and players are beginning to gel.

Squad: 1 Lansdown, 2 Butler, 5 Llewellyn (c), 6 Robinson, 3 Flecher, 8 K. Smith (Evans), 4 L. Jones (G. Davies), 7 K. Waggars (Jennings 85) 10 N. Jones, 11 D. James, 9 R Jones.

DJ

Cefn Cribwr edge their way to victory against Graig FC

CEFN Cribwr FC were in action last weekend and battled to a 2-1 victory over Graig FC - JULIE HANCOCK was on hand to capture the action.



Cowbridge bowls club round-up

IN their last league game of the season the men travelled to Bargoed - a team destined for promotion and packed with young players.

Cowbridge, at the other end of the table, were looking for points to avoid relegation. The result saw Bargoed win emphatically on all four rinks to secure promotion to Division 2.

Fortunately for Cowbridge, other teams at the bottom of the table also dropped points and these results should mean another season for Cowbridge in Division 3.

The club's annual triples competition was played over the Bank Holiday.

Coming through the preliminaries for the

semi-finals were Lin Wallace, Pat Davey and Clive Pritchard, who beat Lynda Wilson, John Hunt and Shirley Wilkinson.

The other semi-final saw Terry Dunsdown, Diane Lloyd and Alan Wallace beat Janet Morton, Len Taylor and Helena Snelling.

In fine sunshine on Monday afternoon, and in front of 36 members, Terry, Diane and Alan beat Lin, Pat and Clive by 19 shots to 17. It was a final that was a pleasure to watch.

This weekend, September 5/6, will be our competition finals, schedule as follows: Saturday morning, ladies pairs; Saturday afternoon Millennium Plate and two Wood Singles. Sunday morning, mixed pairs, mens pairs; Sunday afternoon, ladies singles, men singles. MB

Six of the best as St Athan FC earn the derby spoils

ST ATHAN dismantled Cowbridge in this local derby with a dynamic and assured display that left last season's fourth place side reeling.

Before Cowbridge had even found their bearings in the game, they were three goals behind and the game was lost.

Jordan Mortimore opened the scoring early, before Sean Flynn and Mortimore again struck. The Saints skipper completed a scintillating hat trick before the break.

Cowbridge regrouped after the interval, but Mortimore added his fourth with Josh Morgan rounding off the scoring for a ruthless St Athan.

St Athan moved the ball quickly right from the kick-off, leaving the away side unable to settle. Moved around into a state of disarray, and conceded a free-kick on the right, Goodwin swung the ball towards the far post, Mortimore flicked on and Morgan was unlucky not to score, firing over the bar.

Saints were soon in front as Joe Laing picked up the ball in the middle of the park and played cleverly to James Austin, who then picked out Mortimore and the skipper hit a low drive into bottom corner.

Sean Flynn was prominent early on, the attacker assured with the ball at his feet and displayed a good range of passing. It was Flynn's doggedness that paid off though as he charged down a goalkeeper clearance for a tap in to double Saints' lead.

With Saints constantly looking to move the ball quickly around the park, Cowbridge players were pulled out of position, and alarm spread.

Goodwin whipped the ball forward only for the centre-half to completely fluff his clearance; Mortimore was onto the error in a flash and buried the ball past the keeper.

Another series of passes carried the ball down Saints' right flank before it was moved to Mortimore. He centred for Morgan who hit a close range effort well saved.

Seconds later, Mortimore found Morgan and his delightful flick put Flynn in on goal but his effort was well saved by the Cowbridge keeper as he did his best to keep the score down.

After just 30 minutes the question was how many goals the Saints would score to secure the points?

Dean Cleave saw a long range effort well saved. Cowbridge rallied and saw a neat passing move comfortably saved by Paul Lucas at his near post.

It wasn't long until it was four. Flynn collected the ball on the right and cut in on a mazy run; he picked out Austin who crossed perfectly for Mortimore to unleash a tremendous volley to secure his hat trick.

Cowbridge were stunned, and the home side were in the mood to be ruthless.

Some of the intensity slipped from Saints' play after the break but they continued to threaten as they looked to manage the game.

The tricks and flicks were eye-catching, but the technique and work rate of midfield pair Laing and Cleave carried great substance.

The back four were tremendous with Deon Garrison expertly marshalling the excellent three of Nicky Cox, Reece Lewis and Courtney Goodwin.

There were only brief flourishes of resistance from the away side as they saw two efforts go wide and Saints eventually added a fifth.

Austin set up his third goal of the evening, his quick free kick well controlled by Mortimore who blasted the ball past the keeper for his fourth of the game.

The Cowbridge players were drained

and dispirited, and they had no answer to Goodwin's desire to leave his stamp on the game.

The full-back surged down the flank, and played in the unplayable Flynn who slalomd past two defenders to play in Mortimore.

He showed one way but went the other and delivered a low cross for Morgan to score from close range and finally get his well-deserved goal.

The 6-0 scoreline reflected Saints' dominance, but also their attacking intent.

St Athan: Lucas, Goodwin, R.Lewis, Cox, Garrison, Cleave, Laing, Austin, Flynn, Morgan, Mortimore. Substitutes: Pugh, L.Lewis.

Elsewhere Wenvoe fired a warning shot to the league with massive 12-2 victory over Masons Moving Group, while reigning champions Cardiff Airport dispatched AFC Rhosneig 3-1.

Dinas Powys Athletic notched their first win of the season with a 6-2 victory over Barry Athletic and SP Construction fired 6 past FC Barry to no response.

Penarth bounced back from their opening day defeat with a 3-1 win over Island Marine.

CADOXTON BARRY B 2 ST ATHAN B 0

Saints' seconds battled but remain looking for a win after losing away to Cadoxton Barry B.

Saints created plenty of chances and restricted the home side to little but it was the home side who converted and ran out with the three points.

The club thanks the fans who support us in this fresh season and also our host of sponsors. Owens Motor Services in Llandow and much valued support from Llantwit Valet & Car Wash, Green Future Landscaping and The Four Bells Inn, St Athan.

HD



From left to right: Eleanor Thorne, Stephanie Brownbill and Jade Williams.

Local school pupils' showjumping success

THREE Cowbridge comprehensive school pupils won the Hurstpierpoint national junior schools team showjumping championships at the famous All England jumping course, Hickstead on August 6.

They were Eleanor Thorne (13) from Pencoe riding JJ, Jade Williams (14) from Cardiff riding Big Stars Dollar, and Stephanie Brownbill (13) from the Vale riding Ridgend Roberto.

The competition is open to school teams from around the UK and Ireland. The vast majority are private schools where horse riding is part of the curriculum.

The girls had to compete for a top 10 place in a preliminary round against 21 other

teams to qualify for the final in the world famous international arena where the Hickstead derby is held.

They came joint third in the preliminary round and everyone was thrilled that the girls would get to ride on that famous hallowed turf.

The girls jumped beautiful rounds in the vast arena and won the team competition much to their surprise.

As Eleanor and Stephanie had jumped clear rounds they had to

jump off against all the other competitors who had jumped clear for individual placings. Both girls jumped very fast clear rounds resulting in Eleanor winning the individual title and Stephanie close behind taking second place. It is a fantastic result for three friends from a comprehensive school - past winners of this competition have gone on to represent Great Britain in international team competitions. JT

Rugby season starts COWBRIDGE RFC's first league match is at home against Tonyrefail this Saturday, September 5, with the youth playing Rumney in the first round of the Cardiff and District Cup, both games kicking off at 1.30pm.

After the games, the club will show the second half of England v Ireland and then, at 5pm, the Wales v Italy match.

Lots of good rugby to enjoy, we look forward to seeing you there.

RV/RK

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www.valeofglamorgan.gov.uk
housingstrategy@valeofglamorgan.gov.uk



APPLICATION DEADLINE: 5:00PM 9 September 2015

 Vale of Glamorgan Council
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Newydd Housing Association
 121 Broad Street, Barry CF62 7AL

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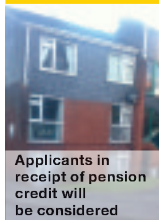
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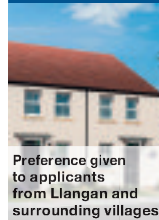
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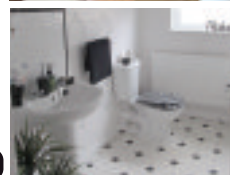
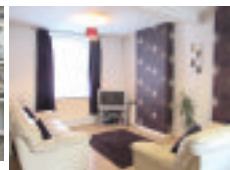
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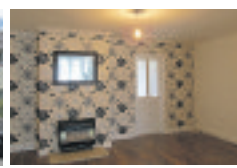
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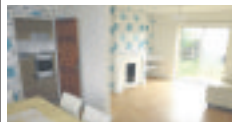
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Pencoed RFC teams in friendly action



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JULIE HANCOCK



PENCOED RFC held some friendly games on the weekend with the first XV beating Llanharan 17-12 on the Cabbage Patch.

It was a good performance with a mixture of youth and experience on the field. The team face Skewen at home on September 5 in their first league fixture.

The youth played Tondy in a game over three periods. There was some very talented young players on display from both teams, in a very skillful and keenly contested game, which was reflected in a 15-15 draw after two periods.

However, Pencoed took the final period 14-3 to win 29-18 overall. A pleasure to watch - well done boys, a great display.

JH



Ath proud of World Cup call-ups for former players

BRIDGEND ATHLETIC are proud that three of the Wales World Cup squad have come through the Athletic mini, junior and youth section of the club.

Scott Baldwin, Mathew Morgan and Rhys Webb have also all played at senior level for the first XV. Rhys and Mathew were also capped at under-18, under-19 and under-20 level. All three players have remained loyal to the club in helping out presenting prizes at both junior and senior presentation evenings.

Last season Rhys helped coach the youth side and Scott helped at junior level; Scott has also assisted the first XV with scrummaging techniques. **AB**

Club hold their AGM

THE Ewenny Air Rifle Club recently held its AGM at the Sarn Club, with 14 members in attendance.

The chairman, Basil George, thanked the management of the club for their on-going support of club match nights and practice evenings. He reported that the number of members of the club remains static.

During the season a number of honours were achieved by the club in league events: highest ladies average - Cherry Millward; senior average cup - Bryn Richards; highest league average - Ian Thomas; the Robert Thomas cup - Bryn

Richards; Western Mail Shield for pairs event - Allan Thomas and Bryn Richards.

The treasurer gave his report, confirming that the club is again financially sound.

Membership fees will remain as last year - £35, with juniors paying £15. Practice nights are paid for by the club.

Election of officers: president - Alun Jenkins; chairman - Basil George; secretary - Terry Hughes; treasurer - Bryn Richards; team captains - Ewenny Eagles, Bryn Richards and Ewenny Hawks, Simon Morrison.

The Christmas shoot will be held on December 21 at the Sarn Club range. **BG**

Bridgend Bridge Club results

THE results for recent events are:

Wednesday, August 26: 1st Marjorie Morris and Bill Turner, 2nd Vida Halford and Glyn Williams, 3rd Rob Forman and Alan Heath. Winners on handicap Teresa Griffiths and Linda Jenkins.

Thursday, August 27: 1st John Henson and Teresa Griffiths, 2nd Steve Burgoyne and Dilys Bowser, 3rd Liam Sheridan and Sally Bryant. Winners on handicap John Henson and Teresa Griffiths.

Friday, August 28: 1st Jenny Vaughan and Liam Sheridan, 2nd Glendale Roberts and Debbie Lea, 3rd Irene Thomas and Ray Smith. Winners on handicap Alan Grant and Dennis

Smith.

Regular club nights take place on Wednesday and Friday evenings at Noltan Church Hall. Play is scheduled to commence at 7pm so it helps if players arrive at least 10 minutes early.

On Thursday afternoons at 2pm, also at Noltan Church Hall, there is a gentle duplicate session.

Master points are now awarded but it remains a relaxed occasion where players enjoy their bridge.

New lessons for beginners will commence this month; further information can be obtained by calling Steve Burgoyne on 01656 661968, John Evans on 01656 880372 or David Newman on 01656 649138. **TG**

Sports under-10s come close in tournament

BANK holiday Sunday saw the Bridgend Sports under-10s rugby team compete in their second tournament before the start of the season.

This time it was a visit to Tondy for another well organised event. The tournament winner was determined by the top side of a group of five teams consisting of Bridgend Sports, Kenfig Hill, Morriston, Penlan and Tonyrefail.

Although the weather and a narrow pitch contrived to stifle the Sports' wider game, the young blue and whites adapted to the conditions. In their first game against Penlan, following a sluggish start, they competed well in defence and at the breakdown to force Penlan into errors.

Thomas Chick and Joel Rogers then cut loose with their pace, scoring a try apiece to secure a 2-0 win for the Sports.

In the second game against Tonyrefail, the Sports were not able to repeat their five tries to nil victory of a fortnight ago, but, in a closely contested game, Callum Lewis and Harry Williams grabbed a try

each to keep the Sports on track with another 2-0 win.

Morriston were the next opponents, but with the Sports now into their stride, they put in a great team performance in both defence and attack to run out 6-0 victors with tries from Ben King, Callum Lewis, Dewi Worrall (2), Joel Rogers and Harry Williams.

Three games, and 10 tries to the good with a good defensive effort, set the Sports up for the final game of the group against a strong Kenfig Hill side.

The game would determine the winners and the runners-up for the tournament.

Both sides had scored 10 tries going into the game and Kenfig Hill had only conceded a single try, one try more than the Sports had conceded.

Before the game the Sports had made an average of 30 tackles per game and knew they had to step up a gear if they were to win their first tournament.

Kenfig Hill had one or two strong ball carriers in their side that they used to good effect, as their team competed tenaciously for everything.

The Sports team battled, putting in 38

tackles throughout the game, but lacked a little self-belief when it mattered.

The lack of belief was evident as players switched off at key moments under pressure which allowed Kenfig Hill to use their stronger runners to score three tries and secure a deserved tournament win for the Mules.

The Sports came very close but fell short at the end, as they could not get everything to gel together in this final game.

The early season form will however stand them in good stead for the season ahead with their first home game involving a round robin tournament with Brynecethin and Caerphilly on Sunday, September 6 at home.

Squad: Ben King, Cadan Hayes, Callum Lewis, Cain John, Dewi Worrall, Harry Williams, Iestyn John, Ieuan Plliner, Joel Rogers, Mason Balmer, Rhys Wilson, Thomas Chick, Tyron Davies.

New players are always welcome, the team trains every Wednesday at 6pm at the Bandstand Field, Newbridge Fields Bridgend.

SP

Local bowlers are on the up as they win promotion!

year - maybe consecutive promotions could be a possibility.

Our visit to Cadoxton was a very successful 14 points, but unfortunately Cadoxton could only field one full rink, which meant Llantwit had the advantage of 126 woods over the home side.

It was a very enjoyable afternoon with Cadoxton showing the same spirit, with Dennis Hammond encouraging them as he has all season.

Mike Adams' rink of Geoff Timms, Neil Jochem, and John Nixon had a close encounter with only 25 shots being scored by both rinks, but Mike's four, scoring on 15 ends to Cadoxton's 6 made the difference of 10 shots, 19-9.

Graham Merchant's four ended up winning by the same 10 shots that Cadoxton scored on 11 of the 21 ends, but Graham's four managed

to score seven threes to make 21 of their 26 shots in just seven ends.

Well done Mike Harmon, John O'Brien and Pat Twomey, 26-16. Richie Gray who has skipped for five of the last eight games, moved to third which let John Ball move back to his favourite position at lead.

Both Richie and John were well supported by Paul Brown at second and Keith Alexander, who skipped the rink to a fine 35-11 win.

However, this win was surpassed by Central Williams, Ambrose Horgan, Les Fowler and skip Eric Hacker. They won on 15 of the 21 ends, scoring two fives and two fours to end up victors by 35-9.

Thank you once again for your support and well done!

WJB

BRUNO'S LOCAL VISIT



Frank Bruno (left) and Steve Robinson recently paid a visit to the Vale - see the full report on page 38.

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Birthdays

Happy 1st Birthday
to our beautiful Imogen
6th September.
Hope you have an amazing day.
Lots of love Mummy, Daddy,
Spencer & Joel xxxxx

Happy 1st Birthday
to our beautiful granddaughter Imogen Violet Ruiz
6 September 2015
with loads of love, hugs and kisses,
Grandma and Grandpa xxx

Eric Hands
Happy Birthday
7 September. Fondest love
Gill, Karen, Clare, Emily,
Sarah and Alys. Love you Grand xxx

Happy Birthday
Michelle Rowland
40
on 10th September
Megan Evans
18
on 8th September
with love
from us all xxx

Family Notices

JOHN
Patricia Ivy (Pat)
On Monday August 24, Pat passed away peacefully at UHW in the presence of her loving family, aged 84 years. Dearly loved and cherished mum of Paul and Jonathan, mother-in-law to Julie and Georgina, loving nanny Pat to James and Katie.
Pat was loved and respected by so many and she will be sadly missed by everyone.
The funeral service will be held at The Briwnant Chapel, Thornhill Crematorium on Friday, September 4 at 12.45pm. No flowers by request, but donations in lieu, if desired, would be appreciated for MIND via www.greenwillowfunerals.com (donations) or direct to the charity.
Any enquiries to Green Willow Funerals, 31-33 St Isan Road, Heath, Cardiff CF14 4LU. Tel 029 20755 555.

BORGE
Sheila Mary
On August 24, Sheila, aged 87 years, passed away peacefully in the presence of her daughter Linda and granddaughter Kylie.
A much loved mum, nan and beloved wife of the late Lawrence, now at peace together. Sheila will be greatly missed and forever in the hearts and thoughts of all who loved and cherished her.
Resting at A.G. Adams & Son, until being received into St Helens Roman Catholic Church on Monday, September 7 at 6pm. Requiem Mass to take place on Tuesday September 8 at 11am, followed by interment at Barry Cemetery. Flowers may be sent to the funeral home.

COLEMAN
John
Of the Blue Anchor Inn, East Aberthaw, much loved husband, father and grandfather passed away peacefully on August 26.
Funeral to take place at St Mary's Church Penmark on Tuesday, September 8 at 10.45am, followed by Cremation at Cardiff & Glamorgan Crematorium, Barry at 12 noon. Floral tributes, if desired, can be sent to W James & Sons, Funeral Directors, Fônmon.

LAWDAY
Jeffrey Paul
Taken after a short illness on 23rd August. Devoted grandad, dad and brother. He will be sadly missed by family and friends.
Funeral at Barry Crematorium on Monday 7th September at 2pm.

Congratulations

CONGRATULATIONS
Olivia Miles
and good luck at Trinity
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Love Mum, Dad, Grant, Nan
and all the family xxx
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Welcome Home

Joseff Evans
would like to say
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Snowball,
I missed you so much!

Public Notice

LICENSING ACT 2003 Section 17 (5)
Notice of Application to Vary a Premises Licence
NOTICE IS GIVEN THAT
An application has been made to Bridgend County Borough Council (the Licensing Authority) for a **PREMISES LICENCE** To permit licensable activities which it is proposed will be carried on, on or from the premises shown below.
Details of the application may be inspected between the hours of Monday to Thursday 0930 to 1700 hours and Friday 0930 to 1630 hours at Civic Offices, Angel Street, Bridgend, CF31 4WB or by visiting the authority's website: www.bridgend.gov.uk.
Any responsible authority or any other person may make representations in respect of the application, which must be submitted, in writing, to the following address before the date shown below:-
Licensing Section, Bridgend County Borough Council, Civic Offices, Angel Street, Bridgend, CF31 4WB
NAME OF APPLICANT: Porthcawl Butchers LTD
NAME AND POSTAL ADDRESS OF THE PREMISES: Porthcawl Butchers 104 John Street Porthcawl CF36 3DT
STATEMENT OF INTENDED LICENSABLE ACTIVITIES: (1) Supply of alcohol: Monday to Wednesday & Friday & Saturday 07:30-18:30 Hours Thursday 07:30-18:30 Hours Sunday 09:00-17:00 Hours Christmas period - shop will be open until 19:30 Hours, throughout the week prior to Christmas.
DATE BY WHICH REPRESENTATIONS MUST BE MADE: 24th September 2015
This notice remains in force from and including the day after the giving of this notice to the licensing authority, namely 27th August 2015, for 28 consecutive days.
It is an offence knowingly or recklessly to make a false statement in connection with an application. The maximum fine on summary conviction is £5,000.
(1) This must include details of activities, type of entertainment and appropriate days and times.

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- A visit to Saltaire Village and the Salts Mill
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Penarth Open attracts a strong field



Under-16 girls' singles, Elinor Beazley and Ellis Cochlin.



18 and under boys' and girls' doubles.

BETWEEN Monday and Saturday, August 3 – 8, Penarth Lawn Tennis Club on Rectory Road played host to some of the best up and coming tennis players from Wales and around the UK.

A total of 233 players entered the Penarth Open Tournament, a grade three ranking event, organised by the Vale Tennis Academy.

Players entered from all over the UK including Wrexham, Penzance, London and Lincoln. The tournament even received entries from one player in Ireland and one from Jamaica!

The director of Vale Tennis Academy, Rob Cunningham said: "We consider ourselves very lucky – in only our second year – to have received a number of entries from top ranked players within the UK."

"Not only has this been a great showcase for the club but also a huge inspiration to our developing players to have the opportunity to compete alongside such a talented group of individuals."

"We hope to build upon the success of this year and provide an even better tournament for all next year".

Local players from the Vale of Glamorgan should also be commended, with special mention to the under-10s; Zac from Windsor LTC



Under-10 boys' singles, Hugo Hunt and Zac Essenhigh.

runners-up 10 and under, boys; Archie from Dinas Powys LTC runner-up in eight and under boys; Orla from Penarth LTC runner-up in eight and under girls, and Grace from Barry CTC, winner in the eight and under girls.

This year's winners and runners-up were:

Quorn Family Tennis Cup. 1 Hugo Cochlin + Lee Cochlin, Cardiff Lawn Tennis Club; 2 Joseph Williams + Morgan Williams, Windsor LTC, Penarth.

Open Women's Doubles. 1 Seren Marsh + Grace Samuel, Windsor LTC, Penarth; 2 Chloe Parselle + Alys Cunningham, Penarth LTC.

Open Men's Doubles. 1 Leighton Davies + Jason Richards, Whitchurch LTC/Windsor LTC, Penarth; 2 Thomas

Bellingham + Morgan Williams Windsor LTC, Penarth.

Open Women's Singles. 1 Kimberley Mpukusa; 2 Lowri James, Cardiff Lawn Tennis Club.

Open Men's Singles. 1 Noah Pring, David Lloyd Club Bristol; 2 Richard Hinchly-Price, Cardiff Lawn Tennis Club.

18U Girl's Doubles. 1 Elinor Beazley + Kimberley Mpukusa, Haverfordwest LTC; 2 Olivia Chivers + Alex Oelmann, David Lloyd Club Cardiff.

18U Boy's Doubles. 1 Thomas Davies + Nathaniel Walker, Usk Tennis Club/Alt Yr Yn LTC; 2 Saif Ali + Daniel Dean, David Lloyd Club Cardiff/Halton Tennis Centre.

18U Girl's Singles. 1 Ellis Cochlin, Cardiff Lawn Tennis Club; 2

Alex Oelmann, David Lloyd Club Cardiff.

18U Boy's Singles. 1 Noah Pring, David Lloyd Club Bristol; 2 Daniel Dean, Halton Tennis Centre.

16U Girl's Singles. 1 Elinor Beazley, Haverfordwest LTC; 2 Ellis Cochlin, Cardiff Lawn Tennis Club.

16U Boy's Singles. 1 Daniel Dean, Halton Tennis Centre; 2, Cameron Chandler, Coombe Dingle Tennis Club.

14U Girl's Doubles. 1 Alice Findlay + Tegan Heaton, East Gloucestershire Club/Ribble Valley Tennis Centre; 2 Elysia Beynon + Megan Rundle, Swansea Tennis and Squash Club/Avenue Lawn Tennis Club (BURNHAM ON SEA) Limited.

14U Boy's Doubles. 1 Daniel Dean + Henry

Muxworthy Halton Tennis Centre/Swansea Tennis and Squash Club; 2 Harrison Birch + Jack Pinnington Jones, Endon Tennis Club/Tunbridge Wells Sport Centre.

14U Girl's Singles. 1 Alice Findlay, East Gloucestershire Club; 2 Megan Rundle, Avenue Lawn Tennis Club (BURNHAM ON SEA) Limited.

14U Boy's Singles. 1 Jack Pinnington Jones, Tunbridge Wells Sport Centre; 2 Shay Ryan, Cwmbran LTC.

12U Girl's Singles. 1 Ellen Jones, Next Generation Club, Kembre Park; 2 Thea Sprawson, All Hallows Tennis Academy.

12U Boy's Singles. 1 Hugo Cochlin, Cardiff Lawn Tennis Club; 2 Shay Ryan, Cwmbran LTC.

10U Girl's Singles. 1 Amelia Pirt, Next Generation Club, Kembre Park; 2 Rhea Makesar, Swansea Tennis Centre.

10U Boy's Singles. 1 Hugo Hunt, Rustons Tennis Club; 2 Zac Essenhigh, Windsor LTC, Penarth.

9U Boy's Singles. 1 Rhydian Z Jones, Carmarthen TC; 2 William Vaughan, Swansea Tennis Centre.

8U Girl's Singles. 1 Grace Mickelsen, Barry Community Tennis Club; 2 Orla Oswin-Heritage, Penarth LTC.

8U Boy's Singles. 1 Oliver Page, Swansea Tennis Centre; 2 Archie Gray, Dinas Powys LTC.

VTA would like to thank Penarth LTC and all its members for helping make the event possible. Special thanks to our local sponsors: ACJ Sales & Lettings, Curo Advisers, SR Motors, GM2 and CELF Creative.



Women's singles, Kimberley Mpukusa and Lowri James.



Men's singles, Noah Pring and Richard Hinchly-Price.

Hugh is the big prize winner at farmer's golf society meeting

Winners Aubrey Bowen and Bryan Owen with sponsor Mr Anthony Brown.



RETIRED schoolteacher Hugh Williams is certainly making the most of his well earned time away from teaching by devoting as much time as possible to golf, and often returning home with a prize or two.

Following his participation as a guest at last week's monthly meeting of the Glamorgan Farmers' Golf Society at Creigiau Golf Club, Hugh, a well-respected member of RAF St Athan Golf Club, returned home with four prizes.

In addition to hitting the longest drive on the selected hole and being nearest the pin on one of the par three holes Hugh finished third in the section for guests, scoring 28 stableford points.

The day's generous sponsor, Anthony Brown, who scored 33 points, won the section for guests with Geoff Mitchell (30) finishing runner up.

To round off a perfect day, Hugh was also successful in guessing that 66 balls would fail to return home to

collect the Premier Turf-sponsored bottle of whiskey, which raised £80 for the Llantwit Major Lifeguards' fund.

Highest score of the day was returned by Aubrey Bowen with 39 points to easily win the members section ahead of runner up Bryan Owen, who scored 32. Glyn Watts-Jones finished third, with 30 points just ahead of Coun Ray Thomas also with 30.

Other prizewinners for nearest the pin on the par three holes were John Caines, Godfrey Lewis and Bob Glover.

The society were pleased to welcome to the excellent evening meal, served at the golf club, Mr Gino Cocco now enjoying honorary membership status and who was successful in this competition back in 1991 when scoring a remarkable 42 points.

The next meeting of the society is scheduled for Thursday, September 24, when members will assemble at Morlais Castle Golf Club to compete for the Arthur John & Co Trophy.

T McC

Millwood bowling round-up

MILLWOOD entertained Division 7 champions Splott Phoenix at their green on Saturday and handed out their only defeat in the division games this season!

Quite a turn up for Splott to lose, but all credit to Millwood 'A' for sticking to the task of playing bowls with the intention of winning every game if at all possible.

When five ends had been played Splott had taken a commanding 18 shot lead at 12-30, looking rather ominous for Millwood, but at the 10th end Millwood 'A' had reversed the lead to have a five shot margin at 42-37 - was the game about to change for the better for Millwood?

At the 15th end, Millwood had slightly increased their lead to a seven shot margin at 61-54, but in the final quarter Millwood finally showed a bit of true class to swamp Splott by taking the game and winning by a 29 shot margin

'A' at 96-67. Although Millwood 'A' took a very impressive 12 points to 2 from this win, the result did not affect the promotion standings.

Credit must go Jim Butler and Tony Williams' rinks for a 26 shot and 16 shot win respectively.

Well done Millwood 'A' side, roll on next season!

Millwood travelled up to Pontypridd for this final Division 4 game, which was put back 24 hours due to the opening of Pontypridd Lido, knowing that as Millwood were lying top of the division, and just a solitary point would be sure of promotion - but things don't always go according to plan!

Ynysgharad started to wreck plans after the fifth end when they took 17 shot lead at 24-7, to which Millwood then started to get their act together for after the 10th end the score had been reduced to only a six shot margin for Ynysgharad to lead at 37-31.

Breaking for tea after the 10th end, when the teams came back onto the green, so did the

threatened rain. This must have been part of Ynysgharad's plan to spoil Millwood's party, for at the 15th end Ynysgharad took a massive 68-40 lead.

Could Millwood pull off an win from this situation? As much as they tried, the game swung away from Millwood, and at the final end the score was a very disappointing 58-91 defeat for Millwood.

Not a single point was saved by Millwood, meaning that we ended up third in the table with Ynysgharad (first) and Gelligaled (second), with the latter going up because of a better shot difference than Millwood.

To say that Millwood were disappointed would be an understatement, but if you don't win then you don't get the points. We must try a lot harder next season to instill the killer instinct right from the start if we are to go anywhere.

Thanks to all Millwood player from both teams for taking part in all the games this season.

JH

League titles on the horizon for Romilly bowls teams...

ROMILLY Bowls Club are on the verge of winning two league titles with the 'A' team already promoted from the Fifth Division as league champions.

Also, the club side are almost there, requiring a full points win against Caerphilly at home this Saturday to guarantee them the title. With second placed St Joseph's losing at Ferndale 12 - 2 putting them out of the race, it is now left to Troedryhiw who are 15 points behind but still have a game in hand to upset Romilly's dreams.

After a setback against Troedryhiw in their last game Romilly were eager to get their title

ambitions back on track.

Gelli Park have always been a dangerous side to play against as they have the potential in their side to cause an upset or at least take some points off you.

On Saturday Gelli were late arriving at Romilly Park due to the unavailability of some players which included their star man Spencer Wiltshire and had to play one rink as a triple.

Romilly were keen to get the game started and obtain an advantage while the visitors were trying to settle and over the first five ends Romilly duly took full advantage, going into a 12 shot lead.

As the game progressed the 'Rom' surged further ahead,

leading by 27 shots at the end of the 10th with all rinks ahead. Even at the halfway stage Romilly were in a comfortable position and were confident they would win the match but were mindful that they required a win on all rinks to gain maximum points.

By the 15th end all rinks were still ahead especially the rink of Jeff Wright who were playing against the triple and leading by 20 shots, 28 - 8.

Over the final six ends the Romilly players were in no mood to take their feet off the gas and continued to outbow their opponents for a resounding win by 74 shots, 121 - 47, taking the 14 points as required.

ROMILLY 'A' V ST JOSEPH'S 'A'

Romilly 'A' travelled to Birchgrove in Cardiff to play St Joseph's 'A' already promoted, but requiring just one point to go up as champions.

Although St Joseph's were at the wrong end of the table they are always fighters therefore the 'Rom' could not afford to

rest on their laurels.

The home team gained the early initiative taking an eight shot advantage over the first five ends but the 'Rom' weren't too concerned as they only needed that one rink to win or draw.

As the game continued Romilly were struggling on all rinks with only the rink of Andrew Hacher drawing 8 - 8, while the other three rinks were slightly behind approaching the 11th end.

By the 15th end Romilly had turned the tables and the rinks of Roger and Howard Jones were now leading by three shots and one shot respectively but Hacher's rink had fallen four behind, while Tony Freeman's rink were 11 down against the home rink skipped by Brian O'Keefe, who was in superb form.

Romilly, although behind overall at the start of the 16th end, 45 - 54, were now a little concerned as they still needed those couple of points and with Freeman's rink well down all the other rinks

were too close to call.

The Romilly were players were not playing with their normal confidence and it appeared the pressure of winning the league had got to them as over the last six ends,

Freeman's rink continued to struggle, finally losing by 17 shots. The other rinks remained tight affairs with Howard Jones and Hacher's rinks having titanic battles but finally succumbing by two shots and one shot respectively.

With Romilly still short of the points required for the league title it looked as if they would have to rely on scores elsewhere but the experienced rink of Jeff Coleman, Bryn Gough, Paul Williams and Roger Jones won the day, winning the last four ends and gaining the two points required to give Romilly their first league title.

The overall result was a 12 shot defeat, 64 - 76, with Romilly getting those vital two points to the 'Joel's' 12 points.

FP

Four days that will define Wales are ahead... can they cement their place at the Euros?

TONIGHT (Thursday) sees the start of four days that could be the defining period of Chris Coleman's reign as Wales manager, as his men take on Cyprus in Nicosia before facing Israel on home soil on Sunday.

Wins in both of these games will almost certainly assure Wales of a place in the Euro 2016 finals in France next summer, as Wales' 'golden generation' banish the tournament hoodoo that has so bedevilled us since 1958.

The Euros are so close that Gareth Bale, Ashley Williams et al can taste it, but the tricky away tie in Nicosia means that more hard work needs to be done before this squad can bask in the glory of success.

The Cypriots proved a tricky team to break down in the previous encounter last October, which saw Wales edge them 2-1, albeit with 10 men after Andy King's sending off. With their own qualification

hopes alive, Wales will need to battle through this tough encounter, with the 'X Factor' of Bale and Aaron Ramsey hopefully proving the difference.

A win would be the perfect filip for the team before another tricky encounter with an Israel side also not out of the hunt for qualification.

However, with a sold-out Cardiff City Stadium cheering on the team, hopes are high that come the final whistle Sunday, Wales will be on the precipice of a trip to France next summer, if not booking their accommodation!

So far in this qualification group the team has managed to slip under the radar somewhat; however, that impressive June win over Belgium has firmly positioned Wales as a team to beat, and one that both Cyprus and Israel will want to beat to keep Group B alive.

If Wales can handle the tag of 'favourites' (and with level-headed Coleman at the helm then there's no reason to feel they can't) then history will definitely be made - come on Wales!

GARETH JAMIESON

The Barry Athletic FC round-up

THIS evening game, played at Pencoedtre between Barry Athletic B and Master Mariner, was over within 15 minutes as Athletic came out of the blocks like a tornado!

Goals from Danny Morgan, Isaac Farrag and Spencer Price had the Athletic 3-0 up. In all fairness to Mariner they regrouped and made a game of it by slowly working their way back into the game.

Mariner grabbed a goal in the second half but the youthful Athletic dominated much of the play. To round off a great evening Ben Graham fired a 25 yard free kick into the top corner leaving the keeper stranded, the final score 4-1.

DOCKERS REUNITED 2 BARRY ATHLETIC B 7
Athletic's young side were sure to be given a strong test from the experienced Dockers team but were soon dominating the game and making Dockers work hard for everything.

Spencer Price turned two defenders the wrong way and drove shot past the keeper from the edge of the box. Shortly after a mazy run from Ben Graham saw him beat the keeper from a tight angle to make it 2-0.

Price grabbed another just before halftime to put the Athletic in full control of the game.

At the restart it was Price again that made it 4-0 by completing his hat-trick and his fifth of the season in three games. A rare mistake from Athletic keeper Jack Smith saw Steve Coxon lob him from 25 yards.

Ryan Hales then scored a thunderbolt for the Athletic before captain Kyle Ceesay put the Athletic 6-1 up. Dockers kept going and managed to bag another with a fine long distance strike giving Smith no chance in goal.

Billy Gratton finished things off, showing great composure, slotting past the oncoming keeper to finish the game at 7-2.

DINAS POWIS ATHLETIC 6 BARRY ATHLETIC A 2

After a good start against Cowbridge, Barry Athletic went into this game full of confidence.

This was soon gone as the young Dinas side ripped them apart scoring five goals without reply in the first half. Manager David Govier rallied his troops at halftime and Jay Hammill grabbed two consolation goals.

Dinas did get another in the half to finish the match 6-2. Positives have to be taken from the second half display with the team showing great character.

Barry Athletic return to their home ground after the cricket season on Saturday, September 26. The club will play Spott Cons Old Boys in the first round of the South Wales Intermediate Cup at Athletic Ground, Barry Island; kick off is at 2pm and the bar will be open before and after the game. Matchday programmes will be available, all welcome.

The senior section would like to wish the very best of luck to its two junior teams who start their season this Saturday. The under-15s travel to Llantwit Major and a new addition to the Athletic family, the under-13s, play Sully.

AG

Bank holiday congress for local chess players

OVER the bank holiday weekend was the final congress of the summer, the South Wales Summer Congress, which also incorporated the first South Wales senior congress.

The event took place in Newport with six rounds being played over four days. Four players, past and present, from the Barry Chess Club took part. Ex-chairman Lee Davis, ex-player Bill Hewitt and returning graduate Sam Jukes all played in the open competition and they were joined by Stephen Bonotto in the minor section. None of our more mature players decided to enter the seniors tournament.

All four of our players were doing well, picking up ratings points during the first three rounds. In round one Lee Davis defeated Sam Jukes. This was to be our only defeat in the first three rounds. Lee then defeated Penarth player Karanvir Lutchman-Singh and then drew with Bill Hewitt.

For his part Bill had already won his first two games against Guy Wagner and Roy Thomas. Both players picked up only a couple of ratings points as they were expected to achieve these results.

After starting with a defeat, Sam then managed a draw against Chris Dixon, rated 1878, and then picked up an excellent win against Louis Joulal, rated 1921; Sam was therefore doing better than expected and picking up quite a few ratings points.

Stephen Bonotto also started the tournament with a win against Aishwarya Lutchman-Singh, and then taking draws with Raymond Francis and Susanna Fraser.

All three of these opponents were ranked at least 300 points above Stephen. If he can continue in this vein during the rest of the tournament he could be

in line for a grading trophy and could well find himself moving substantially higher in the Barry Chess Club ranking.

The Barry Chess Club meets at 7.30pm each Monday at the West End Club, St. Nicholas Road, Barry, CF62 6QY. The club is open to players of all standards; whether you are interested in playing competitive chess or just the occasional friendly games.

New players are very welcome to just turn up on the night but if you contact one of the club members through the website we can explain what is happening on the night you have in mind, and arrange for someone to greet you on your arrival.

For more details visit our website at <http://barrychessclub.yolasite.com>.

PHIL JONES

Penllyn bridge club results

THURSDAY, August 6 (11 pairs):

1st Keith Davies & Allan Evans 65%, 2nd John Hunter & Barbara Easterbrook 61.88%, 3rd Chris Impey & John Lord 60%. Thursday, August 13 (22 pairs): 1st Jo Ilsley & John Lord 59.09%, joint 2nd Cath Domican & John Hunter and Keith Davies & Allan Evans 57.73%.

Thursday, August 20 (21 pairs): 1st Judith & Colin Nunn 67.5%, 2nd Dorothy Williams & Pam Hamner 58.89%, 3rd Marian East & Barbara Easterbrook 58.59%. Thursday, August 27 (22 pairs, Robert Brown Cup): 1st Judith & Colin Nunn 67.27%, 2nd Dorothy Williams & Pam Hamner 61.59%, 3rd Chris Impey & Julia Evans 59.32%.

We welcome your reports - email us at: gemeditorial@tindlenews.co.uk

Promotion dream has been achieved by Cowbridge CC!

AFTER two seasons in Division Two, Cowbridge Cricket Club's first XI have been promoted back to Division One of the South Wales Cricket Association as runners-up.

It is a significant step for the club whose clear goal is to bring the Premiership to Cowbridge. Now the club is but one step away.

That Cowbridge were in Division Two at all was due to an innocent infringement of the regulations which govern the SWCA. Legal advice suggested these rules had been misapplied and the appeal process flawed but the Cowbridge club declined to seek a legal solution and now have let their cricket right a wrong.

After a week of heavy showers the work of Tim Williams was crucial to get the home fixture against Pwll from Burry Port on at all.

Going into this final fixture Cowbridge needed five points to be sure of promotion should Drefach get maximum points at champions Bronwydd. Anything less for Drefach would have dashed the Carmarthenshire team's unlikely chance.

As it turned out, splendidly heavy rain at lunchtime at Bronwydd reduced the overs in that match so Drefach could not achieve the 28 points they needed.

Anything that happened at Cowbridge was now academic.

It was not known that the start would be delayed when Cowbridge's skipper Neil Brand won the toss and put Pwll in.

Under any other circumstances Neil would have batted first but the five points, achievable by bowling out the visitors, were uppermost in the team's mind.

Despite three wickets from the skipper getting him to 50 for the season Cowbridge could only get eight down as the innings closed at 166.

What happened next was for those in the know an anti-climax as word had filtered through from the west.

For those who believed Cowbridge needed 40 for the fifth point it was

unwatchable. Only Ed Lewis got double figures as the leading batting line-up in the division were skittled for just 42. Nevertheless Cowbridge were over the line.

"We were not very good today," was Brand's take on the matter, a massive and deliberate understatement.

However the promotion depended on a season-long campaign where there has been some very good cricket as the club have begun the process of building a side capable of taking on and beating the best.

The captain has been the talisman, 50 wickets and 967 runs, a contribution of massive proportions that allowed others to develop.

Neil's undemonstrative but clear-headed captaincy has been enjoyed by his charges.

The other leading batsmen, Tom Merilaht and Mike Lloyd, were key men well supported by Chris Willey and the emerging talent of all-rounders Alex Kurobasa and Rian Thomas. Sam Russell's progress has been a huge bonus and Matt Keating took wickets at crucial times.

Off the field the enthusiasm of chairman Hugh Williams, the team manager Jon Smart and scorer Sarah Russell have been key elements in producing success.

Additionally, while spectators are often heard to remark that the ground has never looked better, it is a fact that Tim Williams has achieved a standard of presentation that makes the observation a truism.

Looking forward to next season the club's committee have well advanced plans to ensure the first XI is significantly strengthened to allow a tilt at the Dan Radcliffe Cup, the First Division trophy played for since 1926, and the single promotion place to the Premiership.

The 175th anniversary season of the Cowbridge Cricket Club has been celebrated in style and on Saturday night it had been embellished with success.

JRB

Davison stars as Dinas bounce back with win

DINAS POWYS FC bounced back from their poor performance against Chepstow the week before to register an emphatic 5-2 win over Penrhwiweiber Rangers.

This was particularly pleasing for manager Lee Saunders as four of his squad had made the transition from playing grass roots parks football last season to Welsh League standard. The hosts started well and looked sharp. However the first free kick of the game went to the visitors taken by Brad Jones, but it was a comfortable take for Dinas keeper James Curtin.

Dinas began to press and a Jamie McClaggon free kick was headed on target by Connor Caton but the 'Ceiber keeper James Seldon managed to hang on to it.

James Marr then burst through the visitors' defence for a one-on-one with Seldon but his shot was off target.

Mamadou Banguraso and Ryan Garland linked up well to make progress down the right, Garland got a good cross in but a defender managed to get the better of Rhys Palmer as he was about to shoot.

On the 25 minute mark, after almost constant Dinas pressure, a cross from Banguraso was volleyed with a spectacular bicycle kick by Dinas striker Nicky Davison, his effort just clearing the crossbar.

The visitors had the occasional chance, a cross from Nathan Glassy found the head of Brandon Davies but his attempt was wide.

The Dinas pressure finally told after 30 minutes when Rhys Palmer played Davison in and he slotted the ball home from 10 yards for the opener. Palmer had to leave the field just after this as he was feeling unwell but was okay to continue after the magic sponge did its job!

The home team's passing was far superior enabling them to keep possession and when midfield dynamo Keiron James, burst through on goal he was tripped by Seldon in the box, the referee pointing straight to the spot.

Up stepped Davison to place the ball right in the corner to grab his brace and double the Dinas tally with 10 minutes of the half still remaining.

He almost bagged his hat-trick when he connected with a good cross from Banguraso but his powerful header was just over the bar.

Penrhwiweiber then had a promising move involving Nathan Glassy, Brad Jones and Kane Jones but the Dinas back four of Banguraso, Connor Caton, skipper Ben Luck and Jamie McClaggon were well in control and snuffed out any danger.

The last action of the first half saw Davison again beat his marker but was harshly adjudged to have fouled him just as he was about to unleash another shot at goal.

The visitors made a change at the interval, bringing on Declan Hensonspur for Brandon Davies who appeared to have an ankle injury.

They did manage to rattle the Dinas crossbar early on courtesy of a Bledyn House header but it was Dinas mainly calling the shots, a deep cross-cum-shot by Palmer forcing Seldon to concede a corner which was cleared.

They soon won another corner, taken short by McClaggon to Banguraso who played it back to him; he put in a good cross which found the head of Marr for a fine glancing header to make it 3-0 just five minutes into the half.

The classy Davison then latched onto a corner from McClaggon wide on the left to smash it home for his hat-trick.

However, straight from the restart the visitors pulled one back, Dean Brown evading the Dinas defence for 4-1.

Fifteen minutes into the half Dinas made the first substitution, Nicky Coles replacing Garland.

James then made one of his trademark jinking runs into the Ceiber box before he was dispossessed.

Dinas then made two further changes, Steffan Ross replacing Marr and Adam Johns making way for Nathan Donnelly.

The visitors began to rally and assert some pressure of their own,

Brown latching onto a cross from the right but he shot wide and the same player put in a good free kick which Curtin gathered under pressure.

The visitors kept up the pressure and were rewarded when an unlucky Ross sliced an attempted clearance into his own net for 4-2.

After Dinas began to get their passing game going again they lost possession, and it was that man Brown who fired a good shot home but the linesman's flag went up for offside and the score remained at 4-2.

Donnelly began to make his presence felt and a good flick from him put the prolific Davison through again but from a difficult angle his shot was just over the bar.

The final five minutes was frantic with the visitors still trying their hardest to get something from the game, but it was that man Davison who bagged his fourth of the afternoon with the best goal of the game.

Making progress down the left, he then cut inside and unleashed a superb shot into the far corner of the net for 5-2.

He almost got another in the final minute, heading a cross from Donnelly just over the bar.

Squad: 1 James Curtin, 2 Mamadou Banguraso, 3 Jamie McClaggon, 4 Ben Luck (c), 5 Connor Caton, 6 James Marr, 7 Ryan Garland, 8 Keiron James, 9 Adam Johns, 10 Nicky Davison, 11 Rhys Palmer, 12 Nathan Donnelly, 14 Nicky Coles, 15 Joe Briscoe, 16 Steffan Ross, 17 Nicky Bruce.

Dinas are home again on September 5 when AFC Porth visit the Murch, kick off 2.30pm.

PK

Barry RFC is now set for season ahead

FOLLOWING two pre-season friendlies in the build-up to the new season, Barry travel to Llantrisant this weekend for their first league fixture in Division 2 following their promotion last season.

Owing to the Wales game being played at 5pm, the Union have instructed clubs that matches must kick off earlier than normal.

This week's game will kick off at 1.30pm, with the coach leaving the club at 11.30am

I am sure all supporters wish the squad and coaches well on what will be an interesting season ahead.

ANDY JAMIESON

Humiliating defeat for Barry Athletic

BARRY Athletic Cricket Club's first XI's 2015 season fell apart after a disappointing loss to Pontymister.

After losing the toss Barry were asked to bowl first and Pontymister posted a daunting target of 256 all out with Ghorri scoring 138 not out for the visitors, with John Gee (3 for 30) and Paul Murphy (3 for 22) being the main wicket takers, Gee with figures of 9 for 92 in his last three games.

In reply Barry were totally humiliated as they were bowled out for a mere 58 with only Goodway scoring double figures with 20 not out.

This defeat sums up Barry's 125th anniversary season when much was expected but delivered so little.

2ND XI STILL HAVE CHANCE OF TITLE

The only saving light for Barry has been the second XI, admirably captained by Ashley Baker, who has taken the team to second place and the possibility

of the title, only losing one game all season.

On Saturday they travelled to Pontymister and came away with an emphatic win by six wickets with Damon Leake taking 3 for 15, Richard Eastman 3 for 14, Steve Oram 2 for 9, new father Jake Griffett 1 for 18 and Ghan Williams 1 for 11, as Barry bowled Pontymister out for 99.

In reply Barry reached their target for the loss of four wickets thanks to Jake Griffett (42) and the ever reliable Lee Morgan (28 not out).

The club would like to thank Mark Ellis and Tom Davies for all their hard work through out the season with the junior section.

With neither being members of the club they have given up their free time to do this and it has gone well through the season with an average number of 20 to 25 juniors turning up on Tuesday evenings - it has been a joy to see so many youngsters at The Athletic Ground at these sessions.

MR

Central end season a high

AFTER two heavy defeats by Splott and Llantwit Major, the prospects of promotion for Central will have to wait for another time - possibly next season?

However, Central were looking forward to their final game of the season against the Murch Bowling Club at Dinas Powys.

Unfortunately Murch fielded a depleted side so they were at a disadvantage before the game even started.

Central took advantage of the situation and all the Central rinks started well on a very heavy green and were ahead of the game throughout the afternoon.

Ted Hudd's rink found themselves 12 shots to 4 after 10 ends and carried on to win by 26 shots to 10.

Tony Goddard's rink did even better and after 10 ends were 18 shots to 3 up and as with Ted's rink continued to dominate to win by 34 shots to 5.

Captain Dave Goddard had a hard struggle against skip C Garland and it was Nip and tuck for most of the

game with the scores more or less level up until the 17th end when Central picked up a four and a three in three ends to ensure a victory by 23 shots to 11.

The only Central rink to struggle was the rink skipped by Tom Kaged, who found that his inexperienced side were finding the heavy playing surface difficult to cope with and it was only towards the end of the game did they come into their own.

Unfortunately the comeback was too late and they lost by 20 shots to 10, which was an excellent effort by his rink.

The overall result saw Central win by 93 shots to 46, earning 12 valuable points to finish the season on a high.

The club are now looking forward to their finals weekend this Saturday and Sunday with a free chicken/fish and chip lunch for members on the Saturday.

If any members of the public would like to join us they would be more than welcome to enjoy what should be a great couple of days.

GT

The Captain's Day supports charities at Wenvoe golf club



The team prize winners receiving their prize from club captain Chris Jones.

THE captain's charity day at Wenvoe Castle Golf Club is one of the big events in the busy calendar.

But this year again exceeded expectations with over 180 entries from golf clubs throughout the region taking in a fun golf day but with the overall aim of raising funds for the club captain's nominated charities - Prostate Cancer UK and Ty

Cariad Africa, a UK charity which exists to raise funds to support the work in helping orphans and vulnerable children in sub-Saharan Africa.

The rain over the previous days gave way to excellent weather and the well-drained course was in superb condition.

During the course of the round players took on challenge after challenge with the opportunity to pick up a prize for nearest the pin at the three par 3 holes, and finish with nearest the pin with the second stroke on the testing 18th hole.

This exciting finish was watched by the ever increasing audience on the club's panoramic patio raising ironic applause as the approach shot slid past the 'nearest' mark.

Thanks to the generosity of local businesses and club members sponsors there were some excellent prizes on offer and this extended to the raffle which was very well supported.

RESULTS

Team prize: winners - 131 points, Chris Tatt, Steve Grinter, Neil Peake and Justin Bell; runners-up, 129 points Stan Rosser, Mike Lawrence, Paul Barrett and David Kempson; third place, 127 points Rhys Williams, Matthew Gill, Dominic Ham and Richard Bond (Brynhill).

Putting competition: joint winners (nine putts) Richard Morgan (Fairwood Park) and Rob Campbell; chipping competition: joint winners Paul Power and C Powell.

Nearest the pin:

second shot, 18th hole - Gordon Macpherson; par 3, second hole Carol Doyle (Ullesthorpe Golf Club); par 3, ninth hole Jeff Plevy; par 3, 15th hole Jane Lotte. Longest drive: (lady) Jane Lotte, (men) Rhys Williams.

Club captain Chris Jones was clearly delighted with the support he had received on the day and gave particular thanks to the various sponsors.

He was grateful to everyone who had entered a team in the competition and those who had given so generously throughout the day.

The day had certainly exceeded his expectations and the funds raised would make a significant contribution to the work of the two charities.

The captain also thanked the head green keeper and his team for their efforts in presenting the course in superb condition especially considering the previous rain.

He expressed his appreciation of the service provided the day particularly Nicola Sims (club secretary), Simon Gatherine (steward)



Multi-winner Jane Lotte receiving her prize.

and the catering and bar staff.

Special mention was made of the efforts throughout the day of the club professional Jason Harris and the club members helping at registration, as starters on the first tee and at the halfway house.

A truly remarkable day and the real winners were the two charities with a significant boost to their funds.

BJ

Frank shows support for new facilities

BOXING legend Frank Bruno was recently in the Vale, starring in a sports dinner held at the Oystercatcher in Penarth marina supporting PG10 Coaching and to raise funds for the new proposed indoor 3G and sports facility in Penarth led by Vale Sports Arena.

The evening was a huge success with special guests Wales legend Neville Southall and former world champion boxer Steve Robinson and Nicky Piper, and the Mayor of Penarth

Rosemary Cook attending.

Hundreds of guests where given opportunities to learn about Bruno career, achievements and stories from a successful professional boxing career and time on TV and his charity work with Comic Relief.

The evening also saw a performance from talented freestyler Ash Randall.

A special award was presented to Penarth-based 11-year-old Keira Daniels who recently shone in the British Gymnastics Championships, winning one gold, one silver and four bronze medals.

WELSH STEEPLECHASE JOCKEYS...

BRIAN LEE REMEMBERS JACK ANTHONY

Today's extract from BRIAN LEE's out-of-print book *Welsh Steeplechase Jockeys* (Cwmnedd Press, 1993) features **Jack Anthony**, the most famous of the three legendary Anthony brothers...

SUCH is the fame of the brothers, Jack Ivor and Owen, that many years after their deaths a public house in Ely, Cardiff, was named after them – The Anthonys. Jack, who was the youngest, won the Grand National three times as an amateur rider on *Glenside* (1911), *Ally Sloper* (1915), and *Troytown* (1920).

Like his brothers, he learned to ride as soon as he could walk at his father's Cilveithy Farm in Carmarthen. He rode his first winner under rules at Ludlow when only aged 16. A strong and courageous jockey, he was without equal at

Aintree, and it must be remembered that he was riding against brilliant horsemen – a notable example being fellow countryman Fred 'Dick' Rees.

It was said of Jack that when he rode out of the paddock onto the racecourse, he became a man inspired, for the racetrack was his spiritual home.

At Aintree where he ruled supreme, he would always take the most dangerous, but shortest way around on the inside of the racecourse. His first 'National' winner, *Glenside*, was a last-minute chance ride. The one-eyed *Glenside* was the only horse to put in a clear round and Jack swore that it was the schooling over banks, which the horse had on his father's farm, which enabled him to keep his feet.

Glenside was trained in Wales, but a fortnight before the big race he was sent to Captain RH Collis's yard at Kinlet – so the captain was given the credit of training what should have been Wales' second Grand National winner, the first and only one being *Kirkland* in 1905.

Standing in for the injured Tich Mason, who had broken a leg in a fall a few days earlier, Jack nursed the exhausted *Glenside* home by 20 lengths from the remounted *Rathnally* and *Glenside's* owner, Frank Bibby, said that it was the Welshman's tender handling of the horse that enabled it to win.

Had it not been for the intervention of his brother Ivor, Jack wouldn't have won his second

Grand National in 1915, for early in the race, the second fence actually, Jack's mount *Ally Sloper* took off too soon, landing on top of the fence.

Jack was just about to be unseated when Ivor riding *Ilston* reached out and pulled him back into the saddle. And if that wasn't enough, a bad mistake at the Canal Turn left Jack hanging around his mount's neck.

Ally Sloper was owned by Lady Nelson and it was the first time in the history of the race that a lady owner had been successful.

The huge *Troytown*, who was a most difficult horse to ride, gave Jack his third and last win in 1920, when the race was run during a torrential rainstorm that made for treacherous conditions underfoot.

Troytown, trained in Ireland by Algy Anthony (no relation) made nearly all the running, despite making several bad mistakes that would have put nine out of ten other horses on the deck.

The horse pulled so hard that even Jack, with all his great strength, had doubts as to whether he could last out the race. There is no doubt that even in those terrible conditions, given the chance, *Troytown* who won by 12 lengths from Roger Burford's mount *The Turk II*, would have gone round again!

After the race, Jack was invited to Lord Derby's stand, where he was introduced to the King and Jack told the reporters: "The King shook hands with me and congratulated me. I am a Welshman,

and anyone who knows the emotional feeling in the blood of a Welshman realises what I felt when I shook hands with the King."

Jack commented that: "*Troytown* would have won with 14st on his back," and when asked about *Troytown* years later, would say: "He wasn't a horse, he was a steam train."

Besides his three brilliant wins in the world's greatest steeplechase, Jack also finished second twice (*Old Tay Bridge* 1925 and 1926) and third once (*Bright's Boy* 1927). He was champion jockey as an amateur in 1914, when he rode 60 winners, and as a professional he won the championship again with a record 78 winners in 1922.

When he retired in 1927, after ironically injuring himself when dismounting from a hack on holiday in America, he took out a trainer's licence and won the Cheltenham Gold Cup with *Easter Hero* in 1929 and 1930 and the Champion Hurdle with *Brown Tony* (1930).

He died in 1954 at the age of 64.

Next time we will feature Jack's brothers Ivor and Owen Anthony.

Flint lands Bath winner

BRIDGEND dual purpose trainer (flat and over-the sticks) John Flint landed the WorldWide Lotteries Apprentice Handicap at Bath last week with his six-year-old bay mare *Ayla's Emperor*.

Well ridden by Daniel Muscutt, the 8-1 chance won by three lengths from the favourite *Highlife Dancer* in a field of six runners.

Ayla's Emperor, a former inmate of Mick Channon's yard, is owned by Mr S G Griffiths and was having only her second race for Flint.

Those who backed the mare on the tote were rewarded of odds of just over 12-1.

BRIAN LEE

Barrivale bridge results

LATEST results from Barrivale Bridge Club for August 25:

1st Jane Brook & Denis Mottram 66.67%; 2nd Mike Close & Mick Green 56.25%; 3rd Debbie & Simon Richards 55.00%. Jane Brook and Denis Mottram also won on handicap.

New members are always welcome at Barrivale. A partner may be arranged if required. If you would like to join us ring 01446 418380 or 01446 733425 or 01446

735592 call at the Pioneer Hall, Beryl Road, Barry on Tuesdays at 7pm.

The club cordially invite potential players to learn to play bridge. Taster sessions for these classes will be held on Friday September 4 and 11 at 10am at the Pioneer Hall.

Enrolment for subsequent classes will then be on Friday, September 18, also at Pioneer Hall with the sessions to commence on September 25.

DR

Sully bridge club results

RESULTS for Monday, August 24, North/South:

1st Roger Cradick/Richard Allely 53.68, 2nd Peter Millar/Jane Brook 53.58, 3rd Margaret Taylor/Marilyn Jones 53.42.

East/West: 1st Rod Hudson/Trish Tracy 58.23, 2nd Hazel Craig/Peter Craig 56.08, 3rd Anne Johns/John Pikoulis 52.12.

Results for Wednesday, August 26, North/South: 1st Evarard Kerslake/Richard Allely 62.71, 2nd Gareth Stone/Brian Gardner 59.36, 3rd Vernon Pearn/Peter Blackwell 58.89. East/West: 1st Joy Secular/Rod Hudson 63.96, 2nd Anne Johns/Bunty Wiseman 53.42, 3rd Anita Charles/Tish Beere 51.66.

Results for Saturday, August

29, North/South: 1st Richard Allely/Norman Ryley 53.43, 2nd Sheila Kavanagh/Joan Thompson 53.27, 3rd Barbara Burden/Sue Attley 52.50. East/West: 1st Mary Blackwell/Peter Blackwell 55.7, 2nd Bill Leyburn/Lynne Leyburn 53.86, 3rd David Hopkins/Lilian Hopkins 52.89. EK

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Wales RL under-18s name England squad

WALES have named a 22-man under-18 squad in preparation for their match against England Lions at Taff's Well RFC on Saturday, September 26 (kick-off 2pm).

Four of the squad are currently in Warrington Wolves' academy with two from Widnes

Vikings, while the remainder are all based in the south.

Head coach Paul Emanuelli has recently had 35 in training and he says that cutting the numbers down has been difficult.

"The training programme so far has gone extremely well," he said. "We've learned from the mistakes that were made last year and we've been getting some

good advice so hopefully the excellent group of players we have will make for an interesting day against England."

Emanuelli was delighted to name his South Wales Scorpions' team-mate Connor Davies as the captain.

Davies has been playing rugby league since aged 11 after starting with Ysgol Gyfun Ystalyfera and this will be his second year in the Wales under-18 side.

"Connor has been one of the stand-out players at South Wales Scorpions this year."

SQUAD: Lewis Willacott (Aber Valley Wolves), Rhys Brownell (Bridgend Blue Bulls), Brandon Lamb (Gloucestershire All Stars), George Mbofana (Gower College), Harry Boots, Morgan Jefferies, Shane Lee, Dan Maiden (All The Raiders RL, West Wales), Connor Davies, Curtis Davies, Rhys Davies, Paul Edwards, Ben Jones, Marcus Webb, Zak Williams (all South Wales Scorpions), Jake Thomas (Torfaen Tigers), Nathan Ainsworth, Rhys Brunt, Morgan Nicholas, George Shaw (all Warrington Wolves), Sion Jones, Connor Parker (both Widnes Vikings).

IG

The Dinas Powys ladies' golf results

On August 2, the ladies club championship was held over 36 holes between Ann Mahenthiralingam and Carolyn Jones.

After some great play Carolyn was 6 up after the morning 18 holes but during the afternoon round despite Ann gamely fighting back, Carolyn eventually won the championship on the 33rd hole. Congratulations to both ladies for a great day of golf.

Sue Bridle competed in the GUV Challenge Bowls (Silver Division) Final at Builth Wells on Tuesday, August 11, and came in with a 72 nett and was runner up on countback winning the silver medal.

Lady golfers from all over Wales take part in this competition so well done Sue.

On August 14, our Ping team of Ann & Esh Mahenthiralingam, Lisa and Ian Ryley, and Pat Gosling and Dale Sullivan won the regional final at Creigiau against Woodlake Park.

They now go to Rhuddlan Golf Club, north Wales, for the semi-finals and final, to be played on October 5; congratulations to all and good luck.

On August 3, the RH Seel bowl day one medal was held: 1st Annie

Blackburn 93 - 21 = 72 nett after comeback; 2nd Maxine Hird 94 - 22 = 72; 3rd Sue Bridle 91 - 18 = 73.

On August 4, the day two medal was held: 1st Maxine Hird 96 - 22 = 74 after countback; 2nd Sue Bridle 92 - 18 = 74; 3rd Vicki Ellison 106 - 29 = 77 on countback from Lisa Ryley 92 - 15 = 77.

Overall result: 1st Maxine Hird 72 + 74 = 146 nett, 2nd Sue Bridle 73 + 74 = 147, 3rd Lisa Ryley 75 + 77 = 152.

On August 4, a nine hole Stableford was held: 1st Angela Thomas, 2nd Terri Unwin.

On August 11, an 18 hole Stableford was held: 1st Pat Gosling 35 pts; 2nd Maxine Hird 33 pts; 3rd Vicki Ellison 32 pts on back six from Annie Blackburn and Ruth Yates.

On August 11, a nine hole stableford was held: 1st Angela Thomas on back 3 from 2nd Audrey Harwood; 3rd Pam Warne.

On August 18, the Mary Nicholls foursomes were held: 1st Sue Bridle & Maxine Hird 90 - 20 = 70 nett; 2nd Ann Mahenthiralingam & Vicki Ellison 97 - 21 = 76; 3rd Annie Blackburn & Ruth Yates 101 - 22.5 = 78.5.

On August 18, a nine hole Stableford was held: 1st Terry Unwin, 2nd Rhian Thomas, 3rd Chris Nelms.

RY

BRYNHILL GOLF CLUB RESULTS



David Miller, Rhys Jones and Lee Price at the Members and Guest event.



Winners' champagne breakfast: Bob Bounds, Rhys Jones and Steve Jones.

A members and guests event was held on August 9 at Brynhill Golf Club.

Winners: Lee Price and David Miller 45 points; runners-up Gareth Tinnuche & Nick Caulfield 44 points

On August 22, a champagne breakfast event was held, prior to the 4BBB shotgun start competition.

Golfers arrived at 7.30am for a cooked breakfast and a glass of champagne before the hooter sounded at 9.15am and everyone teed off.

The captain presented the prizes later in the club house, thanking Iain Grant, the course manager, the catering and bar staff, John Kirkpatrick for

organising the cards and money and Derek Coombes on handicaps; a very successful day.

Ladies' winners: Jan Tattersall & Barbara Watkins 38 points; gentlemen winners: Bob Bounds and Steve Jones 47 points.

Men's results: President's Cup, winner - Daniel Williams 43 points; runner-up Richard Pierce 41 points (back six of front nine). Chris Smith Cup (0-14) winner - Scott Nelson 42 points; runner-up Dan Peters 38 points.

Seniors captain's day four club competition, winner Bob Bounds 35 points. Seniors results: Brynhill v Grove (5-3 Brynhill win).

JK

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COUNTING DOWN TO THE 2015 RUGBY WORLD CUP

Dragon scorches Irish to avenge mismatch



CRISIS? WHAT CRISIS? Tomas the tank engine powers up Welsh scrum!

New cap gets Wales out of a tight spot as 31-man squad is unveiled for World Cup

IT may have become something of a well-worn cliché, but the late Premier Harold Wilson's wry comment that "a week is a long time in politics", is also true in a sporting context – as the dramatic turnaround by Wales as the rain spattered down on Irish hopes in Dublin, clearly underlined on Saturday.

After all, just one week earlier the team ranked number two in the world had easily crushed an experimental Welsh team (35-21) with a second string side at Cardiff's Millennium Stadium – an embarrassingly one-sided result built on Ireland's overwhelming superiority up front.

Even normally composed head coach Warren Gatland had looked shaken in the immediate aftermath of his team's unexpected collapse and warned that it was a factor in starting to whittle down his Rugby World Cup squad from the original 47 players.

Alarm bells immediately rang among Welsh supporters, who saw it as further proof of Welsh front row fragility, particularly on the all-important tight head, following the retirement of scrum pillar Adam Jones and the absence through injury of 'their apparent' Samson Lee, with RWC 2015 now just weeks away.

However, it was also clear that the result of the first 'friendly warm-up' for the global tournament had to be seen in context, as a one-off experiment to test a mix of back-up players in match action where nothing was at stake.

While it may have appeared to confirm worryingly thin reserves, the Welsh camp were rightly confident that the dire display was not a true measure of their preparedness for the campaign, or of their playing strength, with the main front line troops yet to take the field in Saturday's return fixture.

Even so, the one big question remained in supporters' minds over that problem tight head role, which this time was to be filled by new cap Tomas Francis, a powerful but raw young man built like a tank, with a Welsh grant and limited first class rugby experience under his belt with Exeter Chiefs.

The fans need not have worried, for cometh the hour, cometh the man – as the set-piece, which had collapsed so alarmingly in Cardiff, stayed steady as a rock from the first put-in at the scrum, with the whole pack putting their shoulders to the wheel. The impressive Francis went on to make a solid contribution, both in the tight and at the breakdown, where the pattern at Cardiff was completely reversed.

This time, it was the startled Irish who struggled to say on terms up front, as a galvanised Welsh team shrugged off the cobwebs of two months' rugby inaction following arduous physical conditioning in 'extreme' boot camps from Switzerland to

BACK PAGE COMMENT

by Don John



All hands at the pump as man-of-the-match Justin Tipuric gets a pat on the head after scoring his try.

Qatar! Early pressure saw Ireland forced to concede the first of a stream of penalties, which full back Leigh Halfpenny slotted over for a three-point lead – and this sparked wave after wave of attacks that had the men in green defending desperately, and not always legally, resulting in more blasts on the referee's whistle and, finally, a try by outstanding man-of-the-match (again) open side Justin Tipuric, who forced his way through a jumble of bodies near the Irish line.

Halfpenny easily converted to give Wales a 10-0 lead in the first quarter, but this was almost immediately followed, against the run of play, by a penalty award to Ireland, which outside half Jonny Sexton gratefully accepted, to narrow the gap to seven points.

The visitors promptly renewed their onslaught and after the embattled Irish had been penalised for the seventh time by a remarkably forgiving referee, careless loss of concentration at a scrum near their line cost Wales dear, with a try by the vigilant Iain Henderson, converted by Sexton, to level the score, 10-10 at half time.

The Irish were encouraged after the change-over to mount an attack of their own, and thought they had snatched the lead with a try, only for the TMO to rule that the ball had been knocked on and the determined Welsh defence safely cleared to touch, before going back on the offensive.

Once again, intense Welsh pressure told and up stepped hot shot Halfpenny to ease his team into a three-point lead with the inevitable penalty. He then made it 16-10 in the 70th minute when Ireland were penalised for the

15th time, directly in front of the posts.

To their credit, the men in red did not attempt to sit on their lead and almost increased it with a breakaway try, but this was thwarted and the battling Irish showed they were not done yet.

Incredibly, they almost pilfered an unlikely victory right at the death when Sean Cronin went over but was held up and the try was disallowed – as the whistle blew for full time and a thoroughly merited 16-10 win for rejuvenated Wales over last year's in-form Six Nations champions.

Typically, Gatland refused to get carried away by the 'friendly' result, saying: "It was a good performance. There was a little bit of rustiness as well. To beat the No 2 side in the world was good. I know it was close in the end. Ireland could have won it and that would have been heartbreaking", he added (clearly with previous heart-breaking experiences in mind!)

"But potentially it could have been a much more comfortable win for us as well. We haven't played a lot of rugby together and we did a lot of hard work last week. We kept saying that we'll kick more into the rugby, which we will do."

The result may have heartened the Welsh camp and simplified selection for the 31-man RWC squad, but Gatland had earlier made it clear that there were still a few choices to be made: "It's going to be a tough selection for us over the weekend. Given the history of World Cups, those who do miss out are going to be incredibly unlucky, but they are going to be pretty valuable to us as well – if there are injuries and we have to call people in."

All eyes were on WRU chairman Gareth Davies



COMETH THE HOUR COMETH THE MAN... tighthead Tomas Francis. (Photo by Huw Evans Agency).

at the Millennium Stadium on Monday afternoon, when he read out the 31 names, and those of the unlucky seven not to make the final cut.

In the event, these turned out to be: forwards Ross Moriarty, Rob Evans, Scott Andrews and Kristian Dacey; Backs – Kiwi-born Gareth Anscombe, who had injured an ankle in training, Tyler Morgan and flying Ospreys' wing Eli Walker, who missed out to Alex Cuthbert, as Gatland kept faith with the Blues' man.

The same was true of the bulk of the squad, which showed few surprises in a 17-14 split between forwards and backs – though it was heartening to see space found for diminutive outside-half Matthew Morgan among the big men!

Wales' RWC squad: James King, Gethin Jenkins, Samson Lee, Dan Lydiate, Alun Wyn Jones, Tomas Francis, Aaron Jarvis, Paul James, Luke Charteris, Scott Baldwin, Bradley Davies, Justin Tipuric, Jake Ball, Hallam Amos, Cory Allen, Ken Owens, Lloyd Williams, Alex Cuthbert, Matthew Morgan, Rhys Priestland, Dominic Day, Gareth Davies, Liam Williams, Jamie Roberts, George North, Sam Warburton (capt), Leigh Halfpenny, Dan Biggar, Taulope Faletau, Rhys Webb, Scott Williams.

After the drama and exertions of last weekend, Italy should represent a less exacting assignment at the Millennium Stadium on Saturday (kick-off 5pm) but the Welsh camp will be in no mood to relax its guard!



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